

JULY

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
	<b>1</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Drum Medicine Class</b> 3-4 p.m.	<b>2</b> <b>Breathe into Energy</b> 1-2 p.m.; 3-4p.m.	<b>3</b> <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m. <b>Flag Brick Stitch (Advanced)</b> 3-5 p.m.	<b>4</b> <b>FOURTH OF JULY HOLIDAY</b> <b>SCF CLOSED</b>
<b>7</b>	<b>8</b> <b>Drum Medicine Class</b> 3-4 p.m. <b>Simple Syrups</b> 1-2 p.m.; 3-4 p.m.	<b>9</b> <b>Earring Design Beginner-(Intermediate)</b> 9-10 a.m.;1:30-2:30 p.m. <b>Breathe into Energy</b> 1-2 p.m.; 3-4 p.m.	<b>10</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Leather Pouches Making</b> 9:30 a.m.-noon, 1-3:30p.m.	<b>11</b> <b>Plant Walk</b> 11:30 a.m.-1 p.m.
<b>14</b> <b>Beaded Wristlets (Advanced)</b> 1-4 p.m.	<b>15</b> <b>Felt Beading</b> 9-10 a.m.; 1-2 p.m.; 3-4p.m. <b>Drum Medicine Class</b> 3-4 p.m.	<b>16</b> <b>Tote Bags</b> 9-10:30 a.m.;1:30-3 p.m. <b>Breathe into Energy</b> 1-2 p.m.; 3-4 p.m.	<b>17</b> <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m. <b>Salve Making</b> 1-2 p.m.; 3-4 p.m.	<b>18</b> <b>Plant Walk</b> 11:30 a.m.-1 p.m.
<b>21</b>	<b>22</b> <b>Felt Beading</b> 9-10 a.m.; 1-2 p.m.; 3-4p.m. <b>Drum Medicine Class</b> 3-4 p.m.	<b>23</b> <b>Tote Bags</b> 9-10:30 a.m.;1:30-3 p.m. <b>Breathe into Energy</b> 1-2 p.m.; 3-4 p.m.	<b>24</b> <b>Lanyards Making</b> 1-2 p.m.; 3-4 p.m.	<b>25</b> <b>Plant Walk</b> 11:30 a.m.-1 p.m.
<b>28</b>	<b>29</b> <b>Drum Medicine Class</b> 3-4 p.m. <b>Kakiivik: Sewing Bags</b> 1-3 p.m.	<b>30</b> <b>Project Circle</b> 9-10:30 a.m.; 1:30-3 p.m. <b>Breathe into Energy</b> 1-2 p.m.; 3-4 p.m.	<b>31</b> <b>Pin Cushions</b> 1-3 p.m. <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m.	



# Classes

## **Beaded Wristlets (Advanced)**

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.

## **Breathe into Energy**

Energy Centers are within all of us. This one-hour class introduces a Quiet Time or meditative exercise that focuses on breathing into nine energy centers, based on teachings of Aunt Rita Pitka Blumenstein, SCF's first Tribal Doctor. Practicing these exercises can help open portals in the body, clear energetic blocks, enhance self-awareness and build knowledge of individual gifts.

## **Drum Medicine Class**

Learn how to play a round hand drum in five easy steps.

## **Earring Design (Beginner-Intermediate)**

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

## **Flag Brick Stitch (Advanced) Class:**

Learn how to make a flag brick stitch pattern in this advanced beading class. Must have previous beading experience to complete this class.

## **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.

## **Leather Pouch Making**

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

## **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.

## **Pin Cushions**

Learn to make a simple cushion for your pins and needles for your projects.

## **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.

## **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.

## **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.

## **Tote Bags**

Learn to sew this simple and useful tote bag to carry your essentials or groceries.

