

MARCH

Cultural Class Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Fabric Flowers 9-10 a.m., 2-3 p.m. Mindful Mondays 4-4:30 p.m.</p> 	<p>3 Mindful Mornings 8:15-9 a.m. Earring Design 9-10 a.m., 3-4 p.m. Drum Circle 11 a.m.-noon Storytelling noon-1 p.m. Felt Beading Lines 1-2 p.m.</p>	<p>4 Storytelling noon-1 p.m. Quiet Time 1-2 p.m. Kakivik Sewing Bags 2-4 p.m.</p>	<p>5 Beginner's Beading 9-10 a.m., 11 a.m.-noon Storytelling noon-1 p.m. Talking Circle 1-2 p.m. Quill Felt Beading 2-4 p.m.</p>	<p>6 Easy Earrings 9-10 a.m., 11 a.m.-noon Cone Dangles 2-4 p.m.</p>
<p>9 Kuspuk Apron 9 a.m.-3 p.m.</p>	<p>10 Lanyards 8-10 a.m. Quill Felt Beading 10 a.m.-noon Storytelling noon-1 p.m. Drum Circle 3-4 p.m.</p>	<p>11 Felt Beading Circles 10-11 a.m. Storytelling noon-1 p.m. Lanyards 2-4 p.m. Quiet Time 3-4 p.m.</p>	<p>12 Project Circle 8-9 a.m., 3-4 p.m. Cone Dangle Earrings 9-11 a.m., 1-2 p.m. Talking Circle 11 a.m.-noon Storytelling noon-1 p.m.</p>	<p>13 Placemats 10 a.m.-noon Project Circle 1-3 p.m.</p>
<p>16 Cone Dangle Earrings 9-11 a.m., 1-2 p.m. Mindful Mondays 4-4:30 p.m.</p>	<p>17 Mindful Mornings 8:15-9 a.m. Earring Design 9-10 a.m., 3-4 p.m. Storytelling Noon-1 p.m. Drum Circle 3-4 p.m.</p>	<p>18 Open House Noon-4 p.m.</p>	<p>19 Felt Beading Lines 10-11 a.m. Storytelling 10-11 a.m. Kakivik Sewing Bags 2-4 p.m.</p>	<p>20 Quill Felt Beading 9-11 a.m. Earring Design 1-2 p.m. Bead Lanyard Keychain 2-5 p.m.</p>
<p>23 Kuspuk Apron 9-3 p.m. Mindful Mondays 4-4:30 p.m.</p>	<p>24 Mindful Mornings 8:15-9 a.m. Beginner's Beading 9-10 a.m., 11 a.m.-noon Storytelling noon-1 p.m. Drum Circle 3-4 p.m.</p>	<p>25 Easy Earrings 9-10 a.m., 11 a.m.-noon Quill Dangle Earrings 2-4 p.m.</p>	<p>26 Felt Beading Circles 10-11 a.m. Storytelling noon-1 p.m. Talking Circle 1-2 p.m. Placemats 2-4 p.m.</p>	<p>27 Salves 8:30-10 a.m. Fabric Flowers 1-3 p.m.</p>
<p>30 Quill Dangle Earrings 9-11 a.m., 1-3 p.m. Mindful Mondays 4-4:30 p.m.</p>	<p>31 Mindful Mornings 8:15-9 a.m. Fabric Flowers 10 a.m.-noon Earring Design 9-10 a.m.</p>			

Scan the QR code to register.



Traditional Healing Clinic
4320 Diplomacy Drive, Suite 1010
Anchorage, AK 99508
907-729-4958

Classes



Beginners Beading **B**

Learn foundational beading techniques, including felt beading, brick stitch, lazy stitch, and fringe. A supportive space to build skills and explore new styles.

Cone Dangle Earrings **I**

Create cone dangle earrings using looping tools with step-by-step instruction from Lia.

Earring Design **B**

Explore earring design concepts and learn the tools and techniques needed to bring ideas to life.

Easy Earrings **B**

Begin a simple earring project in class and complete it at home using approachable patterns and custom color choices.

Drum Circle **B**

Learn five foundational hand drum techniques while exploring rhythm and cultural purpose.

Fabric Flowers **I**

Bead floral designs onto fabric to create earrings or keychains with added color and texture.

Felt Beading Circles **B**

Practice basic felt beading techniques while shaping smooth, curved circular designs.

Felt Beading Lines **B**

Learn foundational threading techniques while refining straight and curved line work.

Kakivik Sewing Bags **I**

Create a traditional sewing bag designed to hold needles, thread, and small tools.

Kuspuk Apron **I**

Ingredients: needle, thread and fabric. All materials will be provided to create a kuspuk-inspired apron. Join Witty to sew a functional piece fit for the kitchen.

Lanyards **B**

Design and assemble a beaded badge lanyard with a magnetic breakaway clasp.

Lanyard Keychain **B**

Create a beaded keychain lanyard designed to hold keys or small items while practicing foundational beading techniques.

Mindful Mondays **B**

Wind down after the workday with Natalee. This class introduces mindfulness practices that promote calm and clarity. Participants will gather to connect with others and close the day with intention.

Mindful Mornings **B**

A mindful morning routine offers an opportunity to begin the day with calm and clarity. Natalee will introduce mindfulness practices during this morning gathering. Participants will connect with others and begin the day with intention.

Open House

Join SCF Traditional Healing Clinic for an afternoon of community and culture. Share fresh fried bread, experience a traditional blessing and drumming, and enter random prize drawing. Learn more about upcoming traditional healing cultural classes. Open to the public. No registration required.

Placemats **B**

Sew placemats or table runners designed to add color and detail to the kitchen.

Quill Dangle Earrings **A**

Incorporate porcupine quills into a cone dangle earring design.

Quill Felt Beading **A**

Join Lia in building flowers with porcupine quills and beads.

Project Circle **B**

Work on personal beading, sewing, or craft projects in a supportive group setting with guidance as needed.

Salves **B**

Learn a basic salve recipe and prepare a small sample using traditional Southcentral Alaska plants.

Storytelling **B**

Share personal, traditional, or historical stories in a welcoming space for song and conversation.

Talking Circle **B**

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

Quiet Time **B**

We all have energy centers within us. This one-hour long class, taught by Buz, 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.



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.

B Beginner

I Intermediate

A Advanced

