

# SEPTEMBER

## 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>LABOR DAY</b> <b>HOLIDAY HOLIDAY</b> <b>SCF CLOSED</b>	<b>2</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Lanyard Making</b> 1-2 p.m.; 3-4 p.m. <b>Drum Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>3</b> <b>Devils Club Wall Hanging</b> 9-10:30 a.m.; 1:30-3 p.m. <b>Breathe Energy</b> 1-2 p.m.; 3-4 p.m.	<b>4</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Felt Beading</b> 9-10 a.m.; 3-4 p.m. <b>Earring Design</b> 10-11:30 a.m.; 1:30-3 p.m. <b>Talking Circle</b> Noon-1 p.m.; 1-2 p.m.	<b>5</b> <b>Fringe Earring</b> 9-10 a.m.; 1-2 p.m. <b>Felt Beading</b> 10-11 a.m.; 2-3 p.m.
<b>8</b> <b>Cedar Headband</b> 3-5 p.m. <b>Project Circle</b> 9-11 a.m.	<b>9</b> <b>Drum Medicine</b> Noon-1 p.m.; 3-4 p.m. <b>Felt Beading</b> 1-2 p.m.; 2-3 p.m.; 3-4 p.m.	<b>10</b> <b>Raised Flowers</b> 9-10:30 a.m.; 2-3:30 p.m. <b>Breathe Energy</b> 1-2 p.m.; 3-4 p.m.	<b>11</b> <b>Fringe Earring</b> 9:30-11 a.m.; 1-2:30 p.m. <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m.	<b>12</b> <b>Chokers</b> 9-10 a.m.; 10-11 a.m.
<b>15</b> <b>Tote Bags</b> 9-11 a.m.; 1-3 p.m.	<b>16</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Raised Flowers</b> 9-11 a.m.; 2-4 p.m.	<b>17</b> <b>Chokers</b> 9-10 a.m.; 2-3 p.m. <b>Project Circle</b> 1:30-3 p.m.	<b>18</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Fringe Earring</b> 9-10 a.m.; 1-2 p.m. <b>Leather Pouch Making</b> 10 a.m.-noon p.m.; 2-4 p.m.	<b>19</b> <b>Medallions</b> 9 a.m.-11 p.m. <b>Beaded Leather Keychains</b> 1:30-3 p.m.
<b>22</b> <b>Medallions</b> 1-3 p.m.	<b>23</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Felt Beading</b> 9-10 a.m.; 2-3 p.m. <b>Leather Pouches Making</b> 10 a.m.-noon p.m.; 2-4 p.m. <b>Drum Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>24</b> <b>Breathe into Energy</b> 1-2 p.m. <b>Chokers</b> 9-10 a.m.; 1-2 p.m. <b>Beaded Leather Keychains</b> 2:30-4 p.m.	<b>25</b> <b>Felt Beading Beginner</b> 9-10 a.m.; 2-3 p.m.; 3-4 p.m. <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m.	<b>26</b> <b>Wrapped Hoops</b> 9-10 a.m.; 10-11 a.m. <b>Project Circle</b> 1:30-3 p.m.
<b>29</b> <b>Kakiivik Sewing Bag Making</b> 9-10:30 a.m.; 1:30-3 p.m.	<b>30</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Earring Design</b> 9-10:30 a.m.; 1:30-3 p.m. <b>Drum Medicine</b> 3-4 p.m.			



# Classes

## **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.

## **Beaded Leather Keychains**

Design a leather keychain—bead it, braid it, paint it, stamp it, and throw it on your keys!

## **Chokers**

Learn how to make traditional Ahtna necklaces, known traditionally as chokers, with dentalium and beads.

## **Devil's Club Wall Hanging**

Learn how to craft a devil's club wall hanging piece. Aside from its medicinal uses, the devil's club plant can be dried and used to create decor—this was traditionally done to ward off negative energies.

## **Drum Medicine**

Learn how to play a round 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.

## **Fringe Earrings**

Learn how to design brick stitch and fringe to come together and make fringe earrings.

## **Kakiviik Sewing Bag Making**

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.

## **Medallions**

For advanced crafters, this class will teach you medallion making in flat stitch fashion and will include a beaded chain.

## **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.

## **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.

## **Raised Flowers**

Learn how to make a flower patch and raise the beads to turn it 3D. Patches can stay patches, or we can turn them into earrings!

## **Talking Circle**

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

## **Tote Bags**

Learn how to make a tote bag from cloth material. Can be used for shopping or personal belongings.

## **Wrapped Hoops**

Learn how to take wire and beads and turn them into earrings by wrapping hoops.

