

JULY

Cultural Class Calendar



Scan the QR code to register.



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

Monday

Monday, July 6

Bone Pipe Necklaces
10 a.m.-noon

Placemats and Table
Runners
1-4 p.m.

Monday, July 13

Bone Pipe Necklaces
10 a.m.-noon

Placemats and Table
Runners
1-4 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, July 20

Bone Pipe Necklaces
10 a.m.-noon

Placemats and Table
Runners
1-4 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, July 27

Mindful Mondays
4-4:30 p.m.

Tuesday

Tuesday, July 7

Mindful Mornings
8:15-9 a.m.

Storytelling
11 a.m.-noon

Tuesday, July 14

Mindful Mornings
8:15-9 a.m.

Learning Ahtna
10-11 a.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Tuesday, July 21

Mindful Mornings
8:15-9 a.m.

Cone Dangle Earrings
9-11 a.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Tuesday, July 28

Mindful Mornings
8:15-9 a.m.

Beaded Pushpins
9-11 a.m.

Canvas Painting
1-2 p.m.

Wednesday

Wednesday, July 1

Lanyards
8-10 a.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Project Circle
2-4 p.m.

Wednesday, July 8

Project Circle
10-11 a.m., 2-3 p.m., 3-4 p.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Wednesday, July 15

Project Circle
9-10 a.m., 10-11 a.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Basic Felt Beading
2-4 p.m.

Wednesday, July 22

Drum Circle
1-2 p.m.

Basic Felt Beading
2-4 p.m.

Wednesday, July 29

Project Circle
9-10 a.m., 10-11 a.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Basic Felt Beading
2-4 p.m.

Thursday

Thursday, July 2

Lanyards
8-10 a.m.

Storytelling
11 a.m.-noon

Talking Circle
1-2 p.m.

Salmon Patties
2-4 p.m.

Thursday, July 9

Canvas Painting
9-10 a.m.

Kakivik Sewing Bags
1-3 p.m.

Thursday, July 16

Pin Cushions
8-10 a.m.

Salmon Patties
2-4 p.m.

Thursday, July 30

Pin Cushions
8-10 a.m.

Salmon Patties
2-4 p.m.

Friday

Friday, July 17

Earring Design
9-11 a.m.
Cedar Headbands
2:30-5 p.m.

Friday, July 24

Earring Design
9-11 a.m.

Felt Beading: Lines
1-2 p.m., 2-3 p.m.

Friday, July 31

Felt Beading: Circles
10-11 a.m., 1-2 p.m., 2-3 p.m.



Classes



Beginner Classes

Basic Felt Beading

Join Witty as she teaches the basics of beading on felt material.

Bone Pipe Necklaces

Join Lia as she instructs how to make necklaces using bone pipe beads.

Canvas Painting

Join Lia to learn basic painting techniques while creating an original canvas piece to take home.

Cedar Headbands

Tribal doctor Ruby Soboleff instructs participants how to make a traditional headband using cedar.

Drum Circle

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

Felt Beading

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

Kavik Sewing Bags

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

Lanyards

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

Mindful Mondays

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

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

Pin Cushions

Create a handmade pin cushion while learning basic sewing skills in this introductory class.

Placemats and Table Runners

Brighten the kitchen with handmade placemats and table runners while learning sewing techniques from Witty using fabric, thread, and a sewing machine.

Project Circle

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

Quiet Time

We all have energy centers within us. 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.

Salmon Patties

Join Lia as she shares a traditional salmon patty recipe. Participants are welcome to bring their favorite accompaniments to enjoy samples in class.

Storytelling

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

Talking Circle

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

Advanced Classes

Cone Dangle Earrings

Create cone dangle earrings using looping tools with step-by-step instructions.



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.

If a scheduled class time does not work for you, call the Traditional Healing Clinic front desk to arrange a one-on-one session with a culture specialist.