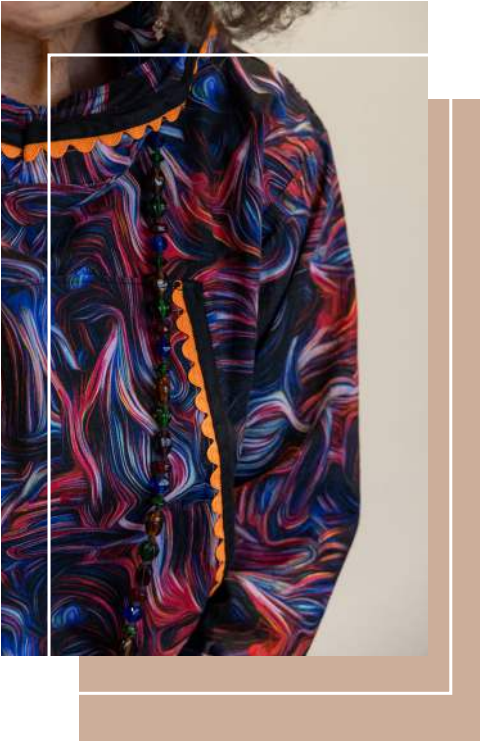


JUNE

Cultural Class Calendar



Monday

Monday, June 1

Kuspuks Day One
9 a.m.-3 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, June 8

Processing Porcupine Quills
9-11 a.m., 1-3 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, June 15

Kuspuks Day Two
9 a.m.-3 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, June 22

Kuspuks Day Three
9 a.m.-3 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, June 29

Fish Dip Preparation
9-11 a.m., 2-4 p.m.

Tuesday

Tuesday, June 2

Mindful Mornings
8:15-9 a.m.

Storytelling
11 a.m.-noon

Tuesday, June 9

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, June 16

Mindful Mornings
8:15-9 a.m.

Dreamcatchers
9-11 a.m.

Storytelling
11 a.m.-noon

Drum Circle
1-2 p.m.

Tuesday, June 23

Mindful Mornings
8:15-9 a.m.

Beaded Pushpins
9-11 a.m.

Canvas Painting
1-2 p.m.

Tuesday, June 30

Canvas Painting
9-11 a.m., 1-2 p.m.

Storytelling
11 a.m.-noon

Wednesday

Wednesday, June 3

Dreamcatchers
9-11 a.m.

Storytelling
11 a.m.-noon

Quiet Time
1-2 p.m.

Drawstring Bags
2-4 p.m.

Wednesday, June 10

Beaded Pushpins
9-11 a.m., 2-4 p.m.

Storytelling
11 a.m.-noon

Quiet Time
1-2 p.m.

Wednesday, June 17

Beaded Badge Reels
9-10:30 a.m.

Storytelling
11 a.m.-noon

Quiet Time
1-2 p.m.

Fish Dip Preparation
2-4 p.m.

Wednesday, June 24

Canvas Painting
9-11 a.m.

Storytelling
11 a.m.-noon

Quiet Time
1-2 p.m.

Kakivik Sewing Bags
2-4 p.m.

Thursday

Thursday, June 4

Jelly Preservation
8-10 a.m.

Learning Ahtna
11 a.m.-noon

Fish Dip Preparation
1-3 p.m.

Thursday, June 11

Wristlets
9-11 a.m.

Storytelling
11 a.m.-noon

Talking Circle
1-2 p.m.

Wrapped Charm Bracelets
2-4 p.m.

Thursday, June 18

Processing Porcupine Quills
9-11 a.m.

Beaded Badge Reels
1-2:30 p.m.

Processing Devil's Club
3-5 p.m.

Thursday, June 25

Canvas Painting
9-10 a.m., 10-11 a.m.,
2-3 p.m.

Friday

Friday, June 5

Jelly Preservation
8-10 a.m.

Learning Ahtna
11 a.m.-noon

Beaded Pushpins
1-3 p.m.

Friday, June 12

Beaded Wristlets
9-11 a.m.

Wrapped Charm Bracelets
1-3 p.m.

Friday, June 19

Holiday Closure
Juneteenth

Friday, June 26

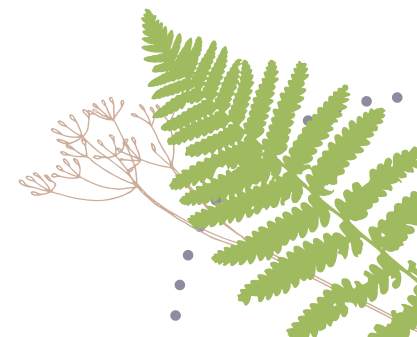
Dreamcatchers
9-11 a.m.

Tote Bags
1-4 p.m.

Scan the QR code to register.



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



Classes



Beginner Classes

Beaded Badge Reels

Create a beaded design for a retractable badge reel.

Canvas Painting

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

Drawstring Bags

Learn to hand sew a drawstring bag with a pre-cut fabric kit. Participants will start the project in class and complete it at home, applying the skills and techniques learned.

Drum Circle

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

Fish Dip Preparation

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

Jelly Preservation

Learn a basic food preservation recipe for homemade berry jelly.

Learning Ahtna

Join Lia as she introduces participants to the foundations of Ahtna, the language of the Ahtna peoples and part of the Na-Dene language family, which includes Tlingit, Eyak, and other Athabaskan languages.

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.

Processing Devil's Club

Learn how to harvest and prepare devil's club, a plant native to Southcentral and Southeast Alaska traditionally used by Alaska Native Peoples for its medicinal properties.

Processing Porcupine Quills

Learn how to clean, dry, and prepare porcupine quills for use in jewelry and other traditional applications. Porcupine quillwork is one of the oldest art forms among Alaska Native Peoples, predating the introduction of glass beads.

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.

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.

Wristlets

Learn the basics of designing and creating a beaded wristlet.

Intermediate Classes

Beaded Pushpins

Create a beaded brooch to wear or display. Join Lia as she guides participants through designing and assembling a small beaded piece mounted on a pin backing.

Kakivik Sewing Bags

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

Tote Bags

Join Witty as she teaches participants how to sew a tote bag of their own.

Wrapped Charm Bracelet

Learn to design and assemble a wrapped charm bracelet using beads and your choice of materials.

Advanced Classes

Dreamcatchers

Referred to as bwaajige ngwaagan, or dream snare, in some Ojibwe dialects, the Anishinaabe peoples of the Great Lakes region traditionally hung dream catchers above sleeping infants and children for their protection. Join Lia as she shares the practice of weaving your own small dream catcher for your home and family.

Kuspuks

Qaspeqs (Iñupiaq) or atikluks (Yup'ik), commonly known as kuspuks, are a traditionally made overshirt distinguished by its loose fit, large front pocket and decorative trim. Participants will learn basic garment construction techniques in this three-day class. Space is limited, and attendance at all sessions is required.

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.



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.