

NOVEMBER

Cultural Class Calendar



Traditional Healing Clinic
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Anchorage, AK 99508
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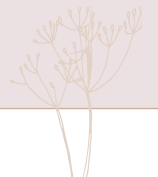


Scan the QR code to register.



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
3 Project Circle 11 a.m.-Noon Tote Bags 1-4 p.m. Mindful Morning 4-4:30 p.m.	4 Mindful Morning 8:15-9 a.m. Drum Medicine 1-2 p.m.; 3-4 p.m. Beaded Pens 2-4 p.m.	5 Culture Connects Event 11 a.m.-2 p.m. Felt Ornaments 2-4 p.m. Breathe Energy 3-4 p.m.	6 Fabric Flowers 9-11 a.m.; 2-4 p.m. Talking Circle 1-2 p.m.; 3-4 p.m.	7 Tea Time 9 a.m. -12 p.m. Hand Painted Wall Hanging 3-5 p.m.
10 Mindful Morning 4-4:30 p.m.	11 VETERAN'S DAY HOLIDAY SCF CLOSED	12 Breathe into Energy 1-2 p.m.; 3-4 p.m. Drawstring Pouches 1:30-3 p.m.	13 Felt Beading (Beginners) 9-11 a.m.; 2-4 p.m. Talking Circle 1-2 p.m.; 3-4 p.m. Ahtna Animals 2-3 p.m.	14 Moose Hide Key Chains 9-11 a.m. Drawstring bags 1:30-3 p.m.
17 Ahtna Animals 11 a.m.-Noon Tote Bags 1-4 p.m. Mindful Morning 4-4:30 p.m.	18 Mindful Morning 8:15-9 a.m. Beaded Pens 9-11 a.m.; 2-4 p.m. Drum Medicine 1-2 p.m.; 3-4 p.m.	19 Moose Hide Key Chains 9-11 a.m. Breathe into Energy 1-2 p.m.; 3-4 p.m. Felt Ornaments 2-4 p.m.	20 Fabric Flowers 9-11 a.m.; 2-4 p.m. Talking Circle 3-4 p.m.	21 Devil's Club Beaded Jewlery 9-11 a.m.; 1-3 p.m.
24 Mindful Morning 4-4:30 p.m.	25 Mindful Morning 8:15-9 a.m. Devil's Club Beaded Jewlery 9-11 a.m.; 1-3 p.m. Drum Medicine 3-4 p.m.	26 Beaded Hoops 9-11 a.m.; 1-3 p.m. Breathe into Energy 1-2 p.m.; 3-4 p.m.	27 THANKSGIVING HOLIDAY SCF CLOSED	28 DAY OF THANKS HOLIDAY SCF CLOSED



Classes

Ahtna Animals

Learn how to pronounce different animals in the Ahtna Athabascan language!

Breathe into Energy

We all have energy centers within us. This one-hour long class 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.

Beaded Hoops

Beaded hoops share similarity to the brick stitch beading method. Come and make beaded hoop earrings.

Beaded Pens

Sign with style after taking this beaded pen covers class! Participants will learn how to skillfully bead around a pen with beads, a needle, and string or wire.

Culture Connects Event

Not a sign-up option for a class. Come and see our Traditional Healing Culture Team Table at SCF's Culture Connect Event.

Drawstring Pouches

Come and learn how to make drawstring pouches to hang around your neck for your sacred sage, healing wormwood, or other items you want close to your heart.

Devil's Club Beaded Jewelry

Devil's club has a variety of uses, including jewelry. Come to class and learn how we use every part of the plant, and how we prepared it ahead of time for you to design jewelry out of devil's club beads.

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.

Fabric Flowers

A florally fun time beading flowers on to fabric for décor.

Felt Beading (Beginners)

An opportunity for our beginners to learn the basics of felt beading.

Felt Ornaments

Prepare for the upcoming holidays by making a sentimental ornament of felt for yourself or as a gift for your loved one.

Hand Painted Wall Hanging

Paint a raven or an eagle on an 8" by 11" leather piece to hang up on your wall.

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.

Moosehide Keychain

Indigenize your keys after learning how to sew and bead a moosehide keychain!

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

Bring any creative project with you to class. Set aside this time to make progress and enjoy the company of others while you work. Share and receive ideas and techniques. There will be supplies on hand.

Talking Circle

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

Tea Time

Come for the tea and stay for the crafts! Hot tea will be served while you work on a project. You may bring a project of your own to complete in the company of other crafters.

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.

