

DECEMBER

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
1 [B] Project Circle 9-10 a.m.; 1-2 p.m. [B] Devil's Club Beaded Jewelry 10 a.m.-Noon.; 2-4 p.m. [B] Mindful Mondays 4-4:30 p.m.	2 [B] Mindful Mornings 8:15-9 a.m. [B] Drum as Medicine Noon-1 p.m.; 3-4 p.m. [B] Felt Ornaments 1-2 p.m.; 3-4 p.m.	3 [B] Project Circle 9-10 a.m.; 2-3 p.m. [B] Fur Balls 10 a.m.-Noon [B] Breathe into Energy 3-4 p.m.	4 [B] Ornament Painting 10-11 a.m. [B] Talking Circle Noon-1 p.m.; 3-4 p.m. [B] Ornament Painting 3-4 p.m.	5
8 [B] Mindful Mondays 4-4:30 p.m.	9 [B] Mindful Mornings 8:15-9 a.m. [B] Fur Balls 9-11 a.m. [B] Drum as Medicine Noon-1 p.m.; 3-4 p.m.	10 [B] Ornament Painting 10-11 a.m.; 2-3 p.m. [B] Project Circle 11 a.m.-Noon [B] Breathe into Energy Noon-1 p.m.; 3-4 p.m.	11 [B] Talking Circle 3-4 p.m.	12 [B] Project Circle 3-4 p.m.
15 [B] Mindful Mondays 4-4:30 p.m.	16 [B] Mindful Mornings 8:15-9 a.m. [I] Moosehide Keychain 9-11 a.m. [B] Drum as Medicine Noon-1 p.m.; 3-4 p.m.	17 [B] Ahtna Animals 9-10 a.m.; 2-3 p.m. [B] Project Circle 10-11 a.m. [B] Breathe into Energy Noon-1 p.m.; 3-4 p.m.	18 [B] Lanyards Making 9-11 a.m. [B] Fur Balls 11 a.m.-1 p.m. [B] Talking Circle 3-4 p.m.	19 [B] Project Circle 9 am.-Noon [B] Eagle/Raven Print Screen Ornaments 3-5 p.m.
22 [B] Ahtna Chokers 9-11 a.m.; 2-4 p.m. [B] Mindful Mondays 4-4:30 p.m.	23 [B] Mindful Mornings 8:15-9 a.m. [B] Beaded Hoops 9-11 a.m. [B] Drum as Medicine Noon-1 p.m.; 3-4 p.m.	24 CHRISTMAS EVE HOLIDAY SCF CLOSED	25 CHRISTMAS HOLIDAY SCF CLOSED	26 [B] Tea and Craft Day All Day
29 [I] Tote Bags 9 a.m.-Noon [B] Fur Balls 2-4 p.m. [B] Mindful Mondays 4-4:30 p.m.	30 [I] Moosehide Keychain 9-11 a.m. [B] Drum as Medicine 3-4 p.m.	31 [B] Breathe into Energy Noon-1 p.m.; 3-4 p.m.		



Classes

New Class Calendar Feature!

Not sure if the class difficulty meets your skill level? Classes are now labeled as beginner, intermediate, or advanced to help you determine what classes you want to sign up for. Look for the letters [B] for beginners, [I] for intermediate, and [A] for advanced on the class calendar.

Ahtna Animals

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

Ahtna Chokers

Using sinew, hide, and beads, assemble a traditional Ahtna choker for yourself or a loved one! Not Ahtna? No worries! This is great introduction to beginner level beading.

Beaded Hoops

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

Beathe 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.

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 as Medicine

Learn how to play hand drum in five easy steps.

Eagle/Raven Print Screen Ornaments

Make a set of ornaments, one eagle and one raven, with hand carved linoleum print with speedball ink onto round leather.

Felt Ornaments

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

Fur Balls

Using fur and thread, make fur balls to use as earrings or as Christmas tree decorations!

Lanyard Making

Design your own lanyard. These beaded necklace-length badge holders have a magnetic breakaway clasp.

Mindful Mondays

Come and wind down from your stressful workday. This class teaches mindfulness practices: a sense of calm and clarity to set yourself up for success, join this afternoon gathering to connect with others and end your day with intention.

Mindful Mornings

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.

Moosehide Keychain

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

Ornament Painting

Prepare for the holiday season! Take some time to unwind while you design a wooden ornament using acrylic paint.

Pin Cushions

Avoid those pesky pokes when you drop your needle, come and sew a pin cushion to tidy up your crafting space.

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 and Craft Day

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 and teachers.

Tote Bags

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

