

# SEPTEMBER

## 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,  
September 7**

Holiday Closure  
Labor Day

**Monday,  
September 14**

Wristlets  
9-11 a.m., 1-3 p.m.

Mindful Mondays  
4-4:30 p.m.

**Monday,  
September 21**

Project Circle  
9 a.m.-noon

Project Circle  
1-4 p.m.

Mindful Mondays  
4-4:30 p.m.

**Monday,  
September 28**

Project Circle  
9-11 a.m., 1-3 p.m.

Mindful Mondays  
4-4:30 p.m.

### Tuesday

**Tuesday,  
September 1**

Mindful Mornings  
8:15-8:45 a.m.

Ahtna Chokers  
9-11 a.m.

**Tuesday,  
September 8**

Mindful Mornings  
8:15-8:45 a.m.

Ahtna Chokers  
9-11 a.m.

Drum Circle  
11 a.m.-noon

**Tuesday,  
September 15**

Mindful Mornings  
8:15-9 a.m.

Ahtna Chokers  
9-11 a.m., 1-3 p.m.

Drum Circle  
11 a.m.-noon

**Tuesday,  
September 22**

Mindful Mornings  
8:15-8:45 a.m.

Ahtna Chokers  
9-11 a.m.

**Tuesday,  
September 29**

Mindful Mornings  
8:15-8:45 a.m.

### Wednesday

**Wednesday,  
September 2**

Easy Earrings  
9-10 a.m., 11 a.m.-noon

Painting  
1-2 p.m., 2-3 p.m.

**Wednesday,  
September 9**

Easy Earrings  
9-10 a.m., 11 a.m.-noon

Quiet Time  
Noon-1 p.m.

Painting  
1-2 p.m., 2-3 p.m.

**Wednesday,  
September 16**

Easy Earrings  
9-10 a.m., 3-4 p.m.

Quiet Time  
Noon-1 p.m.

Painting  
9-10 a.m., 3-4 p.m.

**Wednesday,  
September 23**

Painting  
9-11 a.m., 1-3 p.m.

Drum Circle  
11 a.m.-noon

**Wednesday,  
September 30**

Easy Earrings  
9-10 a.m., 11 a.m.-noon

Drum Circle  
Noon-1 p.m.

Painting  
1-2 p.m., 2-3 p.m.

### Thursday

**Thursday,  
September 3**

Clay Beads  
10 a.m.-noon

Pin Cushions  
1-3 p.m.

**Thursday,  
September 10**

Clay Beads  
10 a.m.-noon

Pin Cushions  
1-3 p.m.

**Thursday,  
September 17**

Clay Beads  
10 a.m.-noon

Pin Cushions  
1-3 p.m.

**Thursday,  
September 24**

Clay Beads  
10 a.m.-noon

Talking Circle  
1-2 p.m.

### Friday

**Friday,  
September 4**

Felt Beading: Lines  
9-10 a.m.

Felt Beading: Circles  
10-11 a.m.

Salves  
2-4 p.m.

**Friday,  
September 11**

Felt Beading: Circles  
10-11 a.m.

Salves  
2-4 p.m.

**Friday,  
September 18**

Felt Beading: Lines  
9-10 a.m.

Felt Beading: Circles  
10-11 a.m.

Salves  
2-4 p.m.

**Friday,  
September 25**

Felt Beading: Circles  
10-11 a.m.



# Classes



## Beginner Classes

### Ahtna Chokers

Using sinew, hide, and beads, assemble a traditional Ahtna choker.

### Canvas Painting

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

### Drum Circle

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

### Easy Earrings

Begin a simple earring project in class and complete it at home using provided patterns and your custom color choices.

### Felt Beading: Circles

Practice basic felt beading techniques while shaping smooth, curved circular designs.

### Felt Beading: Lines

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

### 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.

## 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.

## Salves

Learn a basic salve recipe and prepare a small sample using traditional Southcentral Alaska plants.

## 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.

## Intermediate

### Ahtna Chokers

Using sinew, hide, and beads, assemble a traditional Ahtna choker.

### Wristlets

Learn the basics of designing and creating a beaded wristlet.

## Advanced Classes

### Clay Beads

Join Lia to learn how to make beads from clay. Participants will mold and bake their own beads to use in future beading projects.



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.