

AUGUST

Cultural Class Calendar



Monday

Monday, August 3

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

Monday, August 10

Kuspuk Apron
9 a.m.-3 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, August 17

Leather Pouches
9 a.m.-noon

Project Circle
1-3 p.m.

Monday, August 24

Kuspuk Apron
9 a.m.-3 p.m.

Mindful Mondays
4-4:30 p.m.

Monday, August 31

Leather Pouches
9 a.m.-noon

Project Circle
1-3 p.m.

Mindful Mondays
4-4:30 p.m.

Tuesday

Tuesday, August 4

Project Circle
9-11 a.m., 1-2 p.m.

Storytelling
11 a.m.-noon

Tuesday, August 11

Mindful Mornings
8:15-9 a.m.

Open House
11 a.m.-2 p.m.

Tuesday, August 18

Ahtna Chokers
10 a.m.-noon

Tuesday, August 25

Mindful Mornings
8:15-9 a.m.

Ahtna Chokers
9-11 a.m.

Wednesday

Wednesday, August 5

Quiet Time
1-2 p.m.

Wednesday, August 12

Devil's Club Wall Decoration
9-11 a.m.

Drum Circle
1-2 p.m.

Ahtna Chokers
2-4 p.m.

Wednesday, August 19

Salmon Sandwiches and Tea
10 a.m.-noon

Basic Felt Beading
1-3 p.m.

Wednesday, August 26

Devil's Club Wall Decoration
9-11 a.m.

Drum Circle
1-2 p.m.

Wrapped Keychains
2-4 p.m.

Thursday

Thursday, August 6

Talking Circle
1-2 p.m.

Thursday, August 13

Talking Circle
1-2 p.m.

Fur Poms
2-4 p.m.

Thursday, August 20

Basic Felt Beading
1-3 p.m.

Friday

Friday, August 7

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

Wrapped Keychains
10 a.m.-noon

Friday, August 14

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

Wrapped Keychains
10 a.m.-noon

Friday, August 21

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

Wrapped Keychains
10 a.m.-noon

Friday, August 28

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

Fur Poms
1-3 p.m.

Scan the QR code to register.



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



Classes



Beginner Classes

Ahtna Chokers

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

Basic Felt Beading

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

Devil's Club Wall Decoration

Create a wall decoration using beads, string, and prepared devil's club, an Alaska native shrub traditionally used for a variety of purposes.

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.

Leather Pouches

Join Witty to hand-sew a wearable leather pouch while learning how leather pouches have been traditionally made and used.

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.

Open House

Join SCF Traditional Healing Clinic for an afternoon of community and culture. Share fresh fried bread, experience a traditional blessing and drumming, and enter a random prize drawing. Learn more about upcoming traditional healing cultural classes. Open to the public. No registration required.

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 Sandwiches and Tea

Join Lia as she shares a traditional salmon sandwich recipe. Enjoy tea and samples during class, and feel free to bring your favorite accompaniments.

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

Wrapped Keychains

Create a wrapped keychain by beading around a cord and adding decorative charms. Learn wrapping and finishing techniques while creating a functional keychain to keep or give as a gift.

Advanced Classes

Cone Dangle Earrings

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

Fur Poms

Learn to hand-sew fur poms for use as jewelry or in other creative applications.

Kuspuk Apron

Ingredients: needle, thread, and fabric. All materials will be provided to create a kuspuk inspired apron. Join Witty to sew a functional apron fit for the kitchen.



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.