

# Family Wellness Warriors | Nu'iju Learning Circles

We heal in circle. We heal in story. We heal for those to come.

DAY	TIME	TYPE	TITLE	LOCATION	CONTACT/ZOOM	NOTES
MONDAY	1-2 p.m.	Virtual	Na Tia Sukan: Recovery Support		Zoom information on back.	
	5:30-7 p.m.	Hybrid	Soldier's Heart		Contact Family Wellness Warriors for more information.	
TUESDAY	1-2 p.m.	Virtual	Grief and Loss		Zoom information on back.	
	2:30-4 p.m.	Virtual	Anger: A New Outlook		Zoom information on back.	Register*
WEDNESDAY	10-11 a.m.	In Person	Changing Tides: Aging with Dignity	Elder Program 6901 E Tudor Road, Suite 8 Anchorage, AK 99507		
	Noon-1:30 p.m.	Virtual	Anger: A New Outlook		Zoom information on back.	Register*
	1-2 p.m.	Virtual	Na Tia Sukan: Recovery Support		Zoom information on back.	
	5:30-7 p.m.	Hybrid	Soldier's Heart		Contact Family Wellness Warriors for more information.	
THURSDAY	9-10:30 a.m.	In Person	Anger: A New Outlook	Partners for Progress 417 Barrow St., Anchorage, AK 99501		Register*
	10-11 a.m.	Virtual	Wooch.een: Healthy Relationships		Zoom information on back.	
	Noon-1:30 p.m.	In Person	Na Tia Sukan: Recovery Support	Partners for Progress 417 Barrow St., Anchorage, AK 99501		
	1-2 p.m.	In Person	Grief and Loss	Nuqali Second floor, Cottonwood Room 213 4085 Tudor Centre Drive Anchorage, AK 99508	Zoom information on back.	
	2:30-4:30 p.m.	Virtual	Family is Sacred		Zoom information on back.	
	3-4:30 p.m.	In Person	Anger: A New Outlook	Partners for Progress 417 Barrow St., Anchorage, AK 99501		Register*
FRIDAY	Noon-1 p.m.	Hybrid	LGBTQ+ Learning Circle	Nuqali Second floor, Aspen Room 214 4085 Tudor Centre Drive Anchorage, AK 99508	Zoom information on back.	LGBTQ+ community only, 18+
	1-2 p.m.	Virtual	Na Tia Sukan: Recovery Support		Zoom information on back.	
	3-4 p.m.	In Person	Cultural Activities	Nuqali Second floor, Cottonwood Room 213 4085 Tudor Centre Drive Anchorage, AK 99508		

\*For learning circles requiring registration, contact FWW at 907-729-5440.

# Family Wellness Warriors | Nu'iju Learning Circles

<p><b>Anger: A New Outlook</b></p> <p>This learning circle explores the anger cycle and the proper steps to take when we get angry. <b>This is a court-approved, 12-course class.</b></p>	
<p><b>Changing Tides: Aging with Dignity</b></p> <p>What does it mean to be an Elder? This learning circle explores the honor of aging in Alaska Native traditions, and peer support for the difficulties that come along the way.</p>	
<p><b>Cultural Activities</b></p> <p>Participate in a variety of activities including hands-on crafts like beading and engaging social card games like Snertz. Do you have a current project you are working on? Join us and bring your project.</p>	
<p><b>Family is Sacred</b></p> <p>This learning circle provides tools for families raising children to promote positive changes in the home and community. <b>This is an Office of Children's Services (OCS)-approved, 12-course class.</b></p>	<p><b>Zoom Meeting ID:</b> 997 9622 4545  <b>Zoom Password:</b> FWWILCI20  <a href="https://bit.ly/4hs2YrD">https://bit.ly/4hs2YrD</a>  <b>By Phone:</b> 1-253-215-8782  <b>Phone Password:</b> 960375820</p>
<p><b>Grief and Loss</b></p> <p>Connect and express your thoughts and feelings with those who have an understanding of loss in this peer supported learning circle. Offered in person and virtual.</p>	<p><b>Zoom Meeting ID:</b> 985 3099 7700  <b>Zoom Password:</b> FWWILCI20  <a href="https://bit.ly/4kEJqmJ">https://bit.ly/4kEJqmJ</a>  <b>By Phone:</b> 1-253-215-8782  <b>Phone Password:</b> 44713837</p>
<p><b>LGBTQ2+ Learning Circle</b></p> <p>(LGBTQ2+ community only, 18+) An Indigenous and queer-affirming space for those with diverse gender identities and relationship expressions. Share story and connect with supportive community. Offered in person and virtual.</p>	<p><b>Zoom Meeting ID:</b> 969 2349 2403  <b>Zoom Password:</b> FWWILCI20  <a href="https://bit.ly/4f2EKnc">https://bit.ly/4f2EKnc</a>  <b>By Phone:</b> 1-253-215-8782  <b>Phone Password:</b> 023485941</p>
<p><b>Na Tia Sukan: Recovery Support</b></p> <p>Na Tia Sukan, Athabascan for: <i>Our Strength Tomorrow</i> is a recovery focused learning circle that provides support, encourages self-development, and promotes healthy lifestyle skills.</p>	<p><b>Zoom Meeting ID:</b> 917 6738 1807  <b>Zoom Password:</b> FWWILCI20  <a href="https://bit.ly/3Dr5uRh">https://bit.ly/3Dr5uRh</a>  <b>By Phone:</b> 1-253-215-8782  <b>Phone Password:</b> 841586811</p>
<p><b>Soldier's Heart</b></p> <p>This learning circle assists veterans and first responders understand and address the effects of traumatic or stressful situations. Offered in person and virtual.</p>	<p>Contact FWW for a Soldier's Heart training calendar.</p>
<p><b>Wooch.een: Healthy Relationships</b></p> <p>Wooch.een is Lingit for <i>being together</i>. Explore ways to strengthen healthy relationship skills across generations. Topics include healthy boundaries and co-dependency.</p>	<p><b>Zoom Meeting ID:</b> 921 4256 8090  <b>Zoom Passcode:</b> FWWILCI20  <a href="https://bit.ly/3LhJhsO">https://bit.ly/3LhJhsO</a>  <b>By Phone:</b> 1-253-215-8782  <b>Phone Password:</b> 970717835</p>

