

Family Wellness Warriors | Nu'iju

Learning Circles

We heal in circle.

We heal in story.

We heal for those to come.

MONDAY

10-11:30 a.m.

In Person:
Healthy Connections
at Job Corps Alaska
(Students only)

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

4:30-6 p.m.

Hybrid:
Soldier's Heart at
VNPCC in Wasilla

TUESDAY

10-11:30 a.m.

In Person:
Grief and Loss
at Dena A Coy
(Residents Only)

11:30 a.m.-1 p.m.

In Person:
Anger: A New Outlook
at Partners for Progress
(Register*)

2:30-3:45 p.m.

Virtual:
Anger: A New Outlook
(Register*)

3:30-4:30 p.m.

In Person:
Na Tia Sukan:
Recovery Support
at SCF Detox
(Residents Only)

WEDNESDAY

10-11 a.m.

In Person:
Changing Tides: Aging with
Dignity at Elder Program

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

6-7:30 p.m.

Hybrid:
Soldier's Heart at
NLWC in Anchorage

THURSDAY

11:30 a.m.-12:30 p.m.

Hybrid:
Wooch.een: Healthy
Relationships
at ANPCC

Noon-1:30 p.m.

In Person:
Na Tia Sukan:
Recovery Support
at Partners for Progress

1-2 p.m.

Hybrid:
Grief and Loss
at ANPCC

2:30-4:30 p.m.

Virtual:
Family is Sacred

3:30-4:30 p.m.

In Person:
Na Tia Sukan:
Recovery Support
at SCF Detox (Residents only)

5:30-6:30 p.m.

In Person:
Nu'iju Night
at Native Student
Services (Students only)

FRIDAY

1-2 p.m.

Virtual:
Na Tia Sukan:
Recovery Support

3-4 p.m.

In Person:
Creating Wellness
at Covenant House Alaska
(Residents only)

Learning Circle Legend:

In Person

Virtual

Hybrid
(In Person and Virtual)

See the back
page for learning
circle details.

Updated: Aug. 1, 2024

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

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Learning Circles

Learning circles are held in person, virtually on Zoom, or in a hybrid format. On Zoom, if you are prompted for a password, it is FWWILC!20 for all learning circles. If you are calling in by phone, you will need to enter the phone password below the phone number.

Healthy Connections

(Students only)

Strengthen wellness skills for a life of success.

Job Corps Alaska
800 Lynn Martin Drive
Palmer, AK 99654

Na Tia Sukan: Recovery Support

(SCF Detox open to residents only)

Na Tia Sukan, Athabasca for:

“Our Strength Tomorrow” is a recovery focused learning circle that provides support, encourages self-development, and promotes healthy lifestyle skills.

SCF Detox
4330 Elmore Road
Anchorage, AK 99508

Partners for Progress
417 Barrow Street
Anchorage, AK 99501

By Phone: 1 (253) 215-8782
Phone Password: 416577977
Zoom Meeting ID: 929 1269 8799
<https://bit.ly/3wXcBli>

Anger: A New Outlook

This learning circle explores the anger cycle and the proper steps to take when we get angry. Mental Health Court approved.

Partners for Progress
417 Barrow Street
Anchorage, AK 99501

By Phone: 1 (253) 215-8782
Phone Password: 470571656
Zoom Meeting ID: 973 3118 2229
<https://bit.ly/3piz288>

Generational Healing

This learning circle explores our healing journey with an understanding of the generational influences that contributed to the harm we have known.

By Phone: 1 (253) 215-8782
Phone Password: 412651758
Zoom Meeting ID: 961 4594 6125
<https://bit.ly/48Spoy7>

Changing Tides: Aging with Dignity

What does it mean to be an Elder?

This learning circle explores the honor of aging in Alaskan Native traditions, and peer support for the difficulties that come along the way.

Elder Program
6901 East Tudor Road, Suite 8
Anchorage, AK 99507

Healing Connections

Build lasting relationships with community and self.

Golden Lion Hotel
Kenya Room
1000 E. 36th Ave.
Anchorage, AK 99508

Soldier's Heart

This learning circle assists veterans and first responders understand and address the effects of post-traumatic stress. Offered in person and virtual. For more information to attend in person, call (907) 729-5440.

Anchorage offering:

Nuka Learning and Wellness Center
4085 Tudor Centre Drive
Anchorage, AK 99508

By Phone: 1 (253) 215-8782
Phone Password: 616732753
Zoom Meeting ID: 930 5006 5557
<https://bit.ly/2UKYnwF>

Wasilla offering:

Benteh Nuutah Valley Native Primary
Care Center
Susitna Room, First Floor
1001 S. Knik-Goose Bay Rd.,
Wasilla, AK 99654

By Phone: 1 (253) 215-8782
Phone Password: 491771093
Zoom Meeting ID: 992 5973 6352
<https://bit.ly/3vyxBdj>

Wooch.een: Healthy Relationships

Lingít for being together. Learn and practice healthy relationship skills. Offered in person and virtual.

Anchorage Native Primary
Care Center
Chase Boardroom (Third Floor, East)
4320 Diplomacy Drive
Anchorage, AK 99508

By Phone: 1 (253) 215-8782
Phone Password: 57550158
Zoom Meeting ID: 868 3171 7891
<https://bit.ly/3pjQiBL>

Grief and Loss

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.

Anchorage Native Primary
Care Center
Chase Boardroom (Third Floor, East)
4320 Diplomacy Drive
Anchorage, AK 99508

By Phone: 1 (253) 215-8782
Phone Password: 178468560
Zoom Meeting ID: 924 8373 0184
<https://bit.ly/45QDPmv>

Family is Sacred

This learning circle provides tools for families raising children to promote positive changes in the home and community.

By Phone: 1 (253) 215-8782
Phone Password: 832431756
Zoom Meeting ID: 956 0660 4833
<https://bit.ly/3pYFaCK>

Nu'iju Night

(Students only, 18+)

Your weekly dose of good medicine.

Native Student Services
Rasmuson Hall, First Floor
University of Alaska Anchorage
3416 Seawolf Drive
Anchorage, AK 99508

Creating Wellness

(Residents only)

A safe space to explore and connect with one's true self.

Chapel
Covenant House Alaska
755 A Street
Anchorage, AK 99501

See the front page for the weekly schedule.

Updated: Aug. 1, 2024