

General Interest & Personal Development



PILATES

Pilates is a form of exercise designed to **stretch & strengthen** the body using the concepts of “core” strength and stability. In this course, you will learn proper body alignment to achieve muscular balance which makes for a healthy spine, stronger abs and better posture. All exercises have modifications which make the workout safe & challenging for everyone.

You will see & feel results very quickly. Please bring a yoga mat, towel & water. Beginners welcome!

With Kathy White, professional trainer and STOTT Pilates Certified since 2003.

30001	W	Jan 4 – Mar 8	6:30 -7:30 pm
40001	W	Mar 29 – May 31	6:30 -7:30 pm

\$79/10 sessions \$10 drop-in fee

HATHA FLOW YOGA

A balanced combination of sustained poses as well as poses synchronizing each movement with breath. Classes are infused with energy and calm, ending with restorative poses and relaxation. All levels welcome. Please bring a yoga mat.

30033	Th	Jan 26-Feb 23	6:30-7:30 pm
40035	Th	Mar 30-Apr 27	6:30-7:30 pm
40036	Th	May 4-Jun 1	6:30-7:30 pm

\$42/5 sessions \$10 drop-in fee

Cassandra is a Registered Yoga Teacher (RYT200) who has taken specialized training in Flow, Prenatal, Postnatal and Kids Yoga. She has also completed training in Reiki (energy healing) to complement her yoga practice and teachings. She teaches with heart and playfulness.

HERBS ~ GROWING AND ENJOYING

This 3 week course is designed for those just getting started with growing and using herbs. You will learn about a range of types, including perennials such as Sage, Oregano, Mint and Thyme as well as annuals like Basil and Lemongrass, many of which can be grown in containers. Maintaining, harvesting, saving and using in cooking and crafts will be discussed. Some recipes will be provided. You will learn enough to get you started, but this can lead to a lifetime of learning, experimenting and enjoyment!

30002	T	Feb 21-Mar 7	6:30-8:00 pm
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\$39/ 3 sessions

Sue Fleming is a certified Horticulture Technician with over 15 years’ experience creating garden designs and doing consultation with clients. Sue has also spent many years working in garden centres and as an educator, sharing her expertise and love of gardening.

Downsizing and Clearing Clutter (OR HOW TO ORGANIZE YOUR LIFE) WITH SIMPLIFIED SOLUTIONS

Sorting, organizing, discarding and de-cluttering are all important skills to manage and de-stress your day-to-day life. If you find that you live with too many possessions and need to scale down, you are not alone. You can gain mastery over the possessions that are taking over your space, your garage and your life. Organization specialist, Wesley Brown, makes it fun and challenging for you to learn to sort, value and organize belongings so that you can more easily distribute and discard what is no longer needed. It takes great discipline to let go and take the necessary steps to de-clutter, but you can do it! Wesley has developed a specialized system that includes household, lifestyle, wellness and core simplicity. This is suitable for all ages and stages of clutterers and hoarders.

Instructor: Wesley Brown.

30003	Sa	Jan 21	9:30 am-12:00 pm
30004	Sa	Mar 4	9:30 am-12:00 pm
40002	Sa	Apr 22	9:30 am-12:00 pm
40003	Sa	May 27	9:30 am-12:00 pm

\$39/1 session

About Wesley Brown: Wesley Brown has over 30 years of experience in communications, sales and organization. He is the Founder and CEO of Simplified Solutions, a Professional Organization and Image Consulting Agency, whose mission is to “add space and transform lives”.

www.simplifiedsolutions.ca

COMPUTERS FOR ABSOLUTE BEGINNERS

Now is the time to enter the world of computers. If you need some support, this course is for you. This is a hands on course with individualized instruction. You will develop a basic understanding of computers, get started with word processing, explore the internet and learn about email. Pre-requisite: basic keyboarding skills.

Instructor: Ray Fleming.

30005	Sa	Jan 21-Feb 4	9:30am-12:15 pm
40004	Sa	Apr 22-May 6	9:30am-12:15 pm

\$119/3 sessions



STOUT SUDS - NATURAL BEER SOAP MAKING!

Beer – the great skin conditioner! From pre-blended vegan bases, learn the basics of creating beer soap. Previous knowledge of cold process soap making is NOT necessary. Using a stout beer, create a cedarwood and lemon bar. Explore different ingredients, methods and techniques that you can use to create exciting soaps. Learn about trouble-shooting, history and packaging/decorating your soaps! Also receive a finished soap bar. Please bring hand towel to class. Come to class scent free and bring an apron (or wear appropriate clothing). ALL SUPPLIES INCLUDED IN COURSE FEE.

30006 T Jan 31 6:30-9:30 pm
\$49/1 session

CREAMS, LOTIONS & HAIR CREATIONS

Making your own moisturizing creams and lotions is simple, fun and affordable! The beauty of making your own products is the knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or skin problem. In this fun and informative class, make and take home a vitamin packed cream, an aloe vera moisturizer, rejuvenating facial oil and an herbal shampoo. Bonus: Bronzing Mica's can be added to your lotion for a sun kissed look! Plus recipes on masks and gentle facial scrubs. ALL SUPPLIES INCLUDED IN COURSE FEE.

40005 Th Mar 30 6:30-9:30 pm
\$49/1 session

FACE VALUE – A PERSONAL SKIN REGIME

From acne to rosacea, create natural facial care - food for the skin! Customize face products to meet individual needs. Take home a chamomile cleanser, alpha hydroxy skin toner, papaya oatmeal facial scrub and aloe vera cream. Recipes for hydrating facial spray and a wholesome facial mask. ALL SUPPLIES INCLUDED IN COURSE FEE.

30007 M Feb 6 6:30-9:30 pm
\$49/1 session

THE FRIENDLY GARDENER

Control pests that devour your garden! Have fun making natural gardening products and eliminate toxic chemicals and harmful pesticides by making your "green garden" remedies; take home a soapy marigold insecticide, gardener's soap bar, hand repair salve and a fungicide spray. Recipes for slug removal and insect repellent. ALL SUPPLIES INCLUDED IN COURSE FEE.

40006 W Apr 12 6:30-8:30 pm
\$49/1 session

YOU'VE GOT EMAIL

Setting Priorities at work. Email is simple, but it's not easy. A workshop for busy professionals.

Doing is learning, and this lively and engaging management level workshop is designed to help teach and reinforce productivity and good teamwork with practical strategies and clever Email hacks. Join Laurie for a fun and interactive presentation, focused on achieving Email mastery, confidence and work-life balance. You will also see improved results in workplace and team communication. You will gain perspective on time wasting habits and how to change them.

My zero inbox – the three main parts:

- Get control of your workflow
- A systematic way to tackle your Email
- Create a healthy Email culture

30034 W Feb 1 7:00-9:00 pm
40037 Th Apr 6 7:00-9:00 pm
\$49/1 session

About the Trainer: After a 10 year career in Communications with Health and Welfare Canada, **Laurie Daschuk**, BA, formed the company 'Stop the Presses' in 1994 and consults with businesses and organizations to coordinate and deliver professional development courses, improve communication and promote work-life balance. Laurie is the current Executive Coordinator for the Fraser Valley Chartered Professional Accountants Association, both the Abbotsford and the Fraser Valley Estate Planning Councils, and the Fraser Valley Tax Technical Group. She travels throughout Western Canada as an Associate trainer with Campeau Learning and Development Inc.

HOW TO WRITE AND PUBLISH YOUR OWN BOOK IN 40 DAYS

Position yourself as the expert by writing a book. Consider this fact: "The prestige enjoyed by the published author is unparalleled in our society". Take advantage of this fact to make more money in your business or even in your job or career. Learn how to write a book on a subject you are passionate about and how to have it published for little or no money. Taught by millionaire entrepreneur and #1 Amazon Best Selling Author, **Bob Burnham**, who wrote 101 Reasons Why You Must Write a Book. A complete workbook is included.

www.expertauthorpublishing.com

30008 T Feb 14 6:30-9:30 pm
40007 T May 16 6:30-9:30 pm
\$49/1 session

LEARN TO MEDITATE:

HEARTFULNESS MEDITATION WORKSHOP

Heartfulness is about feeling the lightness and joy of our true nature and experiencing it in our hearts. When we listen to the heart and capture the inspiration that comes from within, we can master our life. This exercise of integrating the heart and mind is done through meditation on the heart. Heartfulness meditation brings long-lasting change in behaviour and attitudes. It is simple, easy and effective, and can be done every day in the comfort of your own home. The heartfulness technique shows us how to gently turn our attention towards our heart and experience that inner presence for ourselves. The fee for this course is administrative only, as the Heartfulness meditation is free of charge.

30009 T Feb 21-Mar 7 7:30-9:30 pm

40008 T May 16-30 7:30-9:30 pm

\$10/3 sessions **Note: administrative fee charged by College**

Lou-Anne Bryant & Sylvie Jensen are local trainers in Heartfulness meditation. They have both practiced Heartfulness meditation for over a decade and have traveled to India, around Canada and to the US for Heartfulness seminars and to deepen their experience with this meditation practice.

INTRODUCTION TO YOUR DIGITAL CAMERA

This course is designed for the novice who wants to learn the basics of their digital camera without being overwhelmed by the depth of the material. It is meant to help familiarize you with your camera and to understand the different modes and features available on it. All digital camera types are welcome, from the simplest point and shoot to the most complicated DSLR. Expect a hands-on approach. This 4 week ten hour course includes a book written by the instructor. Ensure your camera is fully charged and bring extra batteries if using double A's.

With Eric Svendsen

30010 M Jan 9-30 7:00 -9:30 pm

\$119/4 sessions

DIGITAL PHOTOGRAPHY DSLR AND CSC CAMERAS

This course is designed to provide a firm foundation in photography to the student who is interested in learning both about using their digital SLR / CSC camera and how to take better photographs. A hands on approach is used in this 20 hour, 8 week course to teach the student about the major features of their camera and about lens and flash variations and use. Technique and application are emphasized to help develop a concrete practical understanding. Expect to learn about depth of field, shutter speed, aperture and shutter priority, fill flash, white balance, ISO, and many more pivotal photography concepts. Assignments are given and a book written by the instructor is included. Students must bring a DSLR or CSC camera to class; bringing the camera's manual is suggested. **With Eric Svendsen.**

30011 Th Jan 19-Mar 9 7:00 -9:30 pm

40009 M/W May 29-Jun 21 7:00-9:30 pm

\$229/8 sessions



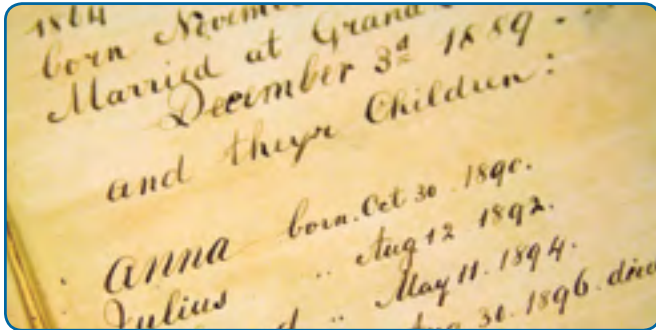
ADOBE PHOTOSHOP

Photoshop is the standard pixel editing program used by both professionals and amateurs alike for working with photos. Whether making minor adjustments or major revisions, this is the program you need to know to advance your skills and improve your photos to the next level. The course is designed for the digital photographer and examines many of the features related to photography. Topics include many of the key tools (such as crop, select, and move), some of the filters (sharpen, blur, and shadow), layer manipulation, and printing basics. A must have course. If you use Photoshop Elements, you will find that this course will improve your ability to work with this very popular application as well. **With Eric Svendsen.**

40010 Th April 20-Jun 29 7:00 -9:00 pm

No class June 8

\$229/10 sessions



MACRO PHOTOGRAPHY

This course is designed to introduce the student to equipment, techniques, and strategies regarding macro photography. Students will have an opportunity to explore different equipment including lens reversal rings, extension tubes, close up filters, true macro lenses, bellows, and even the microscope. Lighting options will also be examined. It is strongly advised that students have a reasonable grasp of the basics of photography; also a DSLR camera is recommended, but not essential. Opportunities to shoot in the field will be presented depending on the weather. A book written by the instructor is included. Bring a lunch. **With Eric Svendsen.**

40011 Sa May 27 9:00 am-3:30 pm
\$89/1 session

ADVANCED PHOTOGRAPHY

The course involves examining exposure, using peripherals such as flash, professional strobes, and light meters, and understanding the more complicated aspects of your camera not covered in the DSLR course. We will be using mostly manual exposure mode for our work and study. The student should possess an advanced digital SLR or film SLR camera. Students must be comfortable with basic photography concepts; we will not be doing a significant amount of review.

With Eric Svendsen.

40012 T Apr 4-May 16 7:00-9:30 pm
Note: this class is scheduled for every second Tuesday
\$199/7 sessions

About Eric Svendsen: Eric has been deeply involved in photography for over 34 years. He has written eight self-published books on various topics involving cameras and computers and has taught photography for over 12 years in Maple Ridge. He is a local high school teacher by trade. Photography is a passion for him; especially wildlife, macro, landscape, and event photography. His experience and patience will help the student improve their skills and develop a deeper understanding of the subject.

Eric Svendsen Photography:

www.ericpix.com esvendsen@shaw.ca

FINDING YOUR FAMILY TREE

INTRODUCTION TO GENEALOGY

This is a beginner's guide to working on your family tree, and learning about the study of genealogy, which is the longer term and in-depth study of family history. The course will show course participants how to start with themselves and work backwards to find their ancestors, describe the major genealogy sites, both those that are free and those that involve subscriptions, and then provide an overview of putting it all together. The last session will explore local resources, major locations in each Province and North America, and then talk about genealogical visits to countries of origin, and how to plan and where to look for information. For the most part the course will rely on Canadian and English material, but the techniques will be presented as a generic package of tools for individuals to explore their history in other countries as well.

30012 Sa Feb 11 9:00 am-4:00 pm
40013 Sa Apr 22 9:00 am-4:00 pm
\$79/1 session

FINDING YOUR FAMILY TREE

(HANDS-ON TUTORIAL)

This session will take the information covered in the "Introduction to Genealogy" and give course attendees time on the computer, using a few of the free-access web sites for their own research. The instructor will work with students to demonstrate some of the shortcuts and tricks of the trade to improve their searches and expand their family trees. Laptops will be provided or bring along your own.

30013 W Feb 15 6:30-9:30 pm
40014 W Apr 26 6:30-9:30 pm
\$39/1 session

Instructor: Rob Whitlock, B.Arch, PLCGS (Prof. Learning Certificate in Genealogical Studies). Rob has researched his own family tree since 1999, and has visited both England and Utah resource centres.

Rob recently completed the 40-course certificate program through the National Institute of Genealogical Studies, specializing in English and Canadian collections, with recognition in Methodology.

Rob is also President of the of the BC Genealogical Society.



LOSE WEIGHT WITH LASTING RESULTS

Avoid the 3 massive mistakes smart menopausal women make that ruin their 2016 New Year's Resolution to lose weight.

Join Patricia for this Seminar Where You'll Discover:

- Why shakes, meal replacements and capsules are not safe and don't work for effective weight loss
- A proven, easy way to stop sugar cravings.
- The right mindset for weight loss with lasting results
- 7 principles for effective weight loss.

30014 W Jan 25 7:00-9:00pm
\$29/1 session

CLEAN AND RE-SET YOUR BODY... WITH EASE!

3 Mistakes Maple Ridge women make that keep them struggling with extra pounds, low energy & tire of Yo-Yo diets.

Join Patricia for this Seminar Where You'll Discover:

- The #1 toxic food that steals your energy
- Which foods are making you fat and toxic
- How to energize your body without coffee and sugar
- A proven, easy way to be sugar cravings FREE.

30015 W Feb 22 7:00-9:00pm
\$29/1 session

THE NUTRITIONAL THERAPY TO LIVE CANCER-FREE

3 dangerous trends BC women face that could put them at risk for cancer and other life threatening diseases, and the # 1 secret to enjoy a healthy, vibrant life

Join Patricia for this seminar, she will empower you to identify:

- Cancer fighting foods
- The best anti-cancer alternative options
- The connection between being overweight and cancer
- Why Alkaline Foods matter?
- The #1 dangerous food and how to avoid it

40015 W Apr 26 7:00-9:00pm
\$29/1 session



TIME TO DETOX...

3 Simple Secret to Detox Your Body and Avoid Chronic Disease, Lack of Mental Clarity and Sugar Dependency Join Patricia for this seminar, she will empower you to identify:

- Hidden sugar and so called healthy options
- Foods that cause chronic disease that everybody is eating
- How to extend the benefits of your annual detox
- Foods, herbs and remedies for effective detox

40016 W May 24 7:00-9:00pm
\$29/1 session

About Patricia Dominguez: Patricia Dominguez, Registered Holistic Natural Nutritionist, Life coach and a Raw Food consultant is the Director of Integrated Nutrition Canada. She has blended all her past experience and skills to help people take control of their health by empowering them with the knowledge on living, nutrient-dense foods. She truly believes "Food is the first line of defense against illness and a roadmap toward wellness".



THE ART OF EFFECTIVE CONVERSATION

Do you find it easy to resolve conflict? Can you effectively "Get to Yes" in almost every situation? Can you interact comfortably with peers, teachers, managers, customers or friends in our multicultural society? If you said NO to any of these then "The Art of Effective Conversation" is for you. We will help you learn the necessary skills required to have effective conversations by understanding the 3 Key Factors needed to end up in a win/win situation. You will learn how an effective conversation can build rapport, mutual trust and grow relationships whether in business or personal lives. You will be able to identify when a situation you are in is escalating and by using proper communication skills taught in this course, strategically de-escalate it. Come and learn the soft skills required to make any conversation a comfortable one whether an interview, sales pitch or just a conversation with a friend, partner or parent. With today's technology, email, social media and texting, the Art of Conversation has become a lost art. People take it for granted and forget that Conversation is an Art, so let's draw your friends and colleagues into one, not erase you from their memory. To see how we can help, Let's Talk Communication. **Instructor: Marc Fisher.**

30016 W Feb 22 7:00-9:00 pm

40017 W Apr 26 7:00-9:00 pm

\$29/1 session

Marc Fisher: With over 30 years of experience and training in how to deal with people either in person or over the phone, I have learnt that any training whether refresher or new is always a benefit to me as an employee or the company I am representing. Due to the technological world we live in people of all ages have lost the ability to have effective conversations. My course will help renew the art of having effective conversations or teach the younger generation on how to talk to people like people without the use of technology.



WORLDHOST

World Host (formerly Superhost) is a one-day Tourism BC certificate program that teaches front-line employees the skills and techniques that comprise the basics of service professionalism. The workshop is an effective training tool for anyone who is dedicated to providing exceptional customer service. Pin and certificate issued by Tourism British Columbia.

34295	T	Mar 7	9:00 am-3:30 pm
34296	Sa	Feb 4	9:00 am-3:30 pm
44295	T	Jun 6	9:00 am-3:30 pm
44297	Sa	Apr 22	9:00 am-3:30 pm

\$149/1 session

The Plan by Investors Group™

Investors Group Financial Services Inc.

RETIREMENT INCOME PLANNING & TAXATION OF YOUR ESTATE 2017

Do you know how much money you need to retire comfortably and remain comfortably retired? Are you getting T3s or T5s at tax time? You shouldn't be! Topics include changes to CPP, OAS, pension income splitting, Tax Strategies, Employee Pension Plan, RSP, LIRA, RIF, LIF, TFSA, Different Types of Power of Attorney, The Tax Planned Will, The Role of the Executor. Attend to create the cash flow needed for a worry-free retirement and to prevent the family sanctuary from becoming the family battleground.

30017	Sa	Jan 28	10:00-11:30 am
40018	Sa	May 6	10:00-11:30 am

\$19/1 session

THE DO'S AND DON'TS FOR THOSE 1-15 YEARS PRIOR TO RETIREMENT

Are you 50+ and don't yet have a solid retirement plan in place? You will learn the framework to determine how much money you need to avoid having to make drastic lifestyle changes at retirement, what to expect from government pensions, how to income split with your spouse to maximize tax savings, and how to structure your portfolio for retirement to be able to pull money from the portfolio surviving market downturns. Learn the top mistakes that people make in preparing for retirement and how to avoid them, and the success factors that will prepare you emotionally and psychologically for your biggest life transition.

30018	W	Feb 8	7:00-8:30 pm
30019	Sa	Feb 25	10:00-11:30 am
40019	Sa	Apr 8	10:00-11:30 am
40020	Th	May 11	7:00-8:30 pm

\$19/1 session

FINANCIAL PLANNING FOR THOSE UNDER 50

With high mortgage payments, daycare, raising kids, planning for their future education, how can one get ahead financially? Will you have enough money when you want to retire? This session will try to provide guidance regarding TSFAs, RRSPs, beneficiary designations, inflation, and the importance of proper financial planning and risk management early enough to make the necessary adjustments and take advantage of compounding. In addition, you will learn how a little work now can make a big difference in your future.

30020	W	Jan 18	7:00-8:30 pm
40021	W	Apr 26	7:00-8:30 pm

\$19/1 session

WOMEN AND WEALTH

You're smart, savvy and successful. You've built the life you deserve and plan to enjoy it. But have you considered how realities like a longer life expectancy and time away from the workforce can impact your plans? What financial issues are unique to women? Learn the true financial impact of caring for children or aging parents, how to survive separation and divorce and how to secure lifelong independence.

30021	W	Feb 15	7:00 -8:30 pm
40022	W	Apr 12	7:00 -8:30 pm

\$19/1 session

Jorge Aragon has a Bachelor of Arts degree from Simon Fraser University and holds the Certified Financial Planner and Registered Retirement Consultant designations. Over the past ten years, Jorge has become a well-known financial educator having presented numerous corporate and private workshops as well as being an educator for the Ridge Meadows College of various financial planning topics. He has taught and coached individuals, families, and small business owners, how being disciplined, implementing strategies and having a well written holistic financial plan will help them achieve the wealth, lifestyle and financial security they desire. In addition, Jorge won the Pillar Award for year 2 & 3 given to Consultants in their first 4 years based on New Business Credits*and was voted "Financial Planner of the Year" in 2014 at the Greater Vancouver Central Region.

When Jorge is not busy with work, he finds balance at home with his wife Krista, very active young boys Benjamin and William and their baby girl Emma! Jorge lives in the Cloverdale area of Surrey and is an active volunteer as a Director on the Board of the Kwantlen Polytechnic University Foundation because he believes it is important to give back to the communities in which he lives and works.



HOW TO START A SMALL BUSINESS

Have you always dreamed of starting a small business, but don't know where to start? This introductory course will take you through the steps to get you started. The course, which runs over five sessions, will look at the aspects of financing a small business start-up; transforming an idea into reality; legal and regulatory requirements; marketing and sales techniques; hiring the right staff; going from really small to fully functional and monitoring success. Instructor, **Peter Valbonesi**, created a very successful bookstore using a range of innovative ideas and careful management.

30022	Th	Feb 2-Mar 2	7:00-9:00 pm
40023	Th	Apr 6-May 4	7:00-9:00 pm

\$139/5 sessions

IMPORTING AND EXPORTING FOR A SMALL BUSINESS

You've been on a buying trip and collected unique items that you want to sell in Canada. Or, without even leaving your desk, you've discovered a more inexpensive source of supplies for your business out of the country. Starting an import business is the next logical step.

This short course on importing into Canada will get you started. We will also work through the process of Exporting goods and services from Canada. We will step through the various processes, look at the relevant documents needed and cover lots of examples both for Importing and Exporting. **Instructor, Peter Valbonesi**

30023	T	Jan 24-31	7:00-9:00 pm
40024	T	Apr 18-25	7:00-9:00 pm

\$59/2 sessions

INTRODUCTION TO PROJECT MANAGEMENT

This is an introductory class to the Project Management discipline.

In this 5 week course we will:

- Generally define terms and outline the course
- Define a project, program, and project management and its processes.
- Determine effective ways of integrating project management and general business management in an organization.
- Determine ways to effectively integrate a project across an entire enterprise to reduce the impact of change.
- Determine how ethics, integrity, and objectivity affect project management.
- Discuss ways of effectively communicating throughout the Project Lifecycle.
- Determine stakeholders and how they affect the project.
- Describe the Project Management Lifecycle and develop a basic project plan.
- Form an effective project team.
- Recognize one's own work behaviour style and quickly read other people's styles.
- Identify how to mesh divergent styles together to achieve project success.

The Instructor, **Peter Valbonesi**, is a project manager and computer systems specialist. He has worked in the computer industry for over 30 years and uses the project management principles every day to deliver successful systems.

30024	T	Feb 7-Mar 7	7:00-9:00 pm
40025	T	May 2-30	7:00-9:00 pm

\$139/5 session

COMMUNICATING IN CONFLICT:

HOW TO LISTEN WHEN OTHERS SPEAK AND SPEAK SO OTHERS CAN HEAR

Conflict is inevitable. Each of us brings our own wants, needs, and expectations to every relationship. Conflicts may be minor occurrences that we accept as part of life, or they may be so serious that they do irreparable damage to individuals, families, and entire communities.

Understanding the dynamics of conflict is a valuable skill that can help improve our quality of life and relationships, both personally and professionally. The goal of this two session course is to learn more about the dynamics of conflict, understand your conflict style, and develop effective tools and useful strategies for solving interpersonal conflicts well.

This material is suitable for both personal and professional development.

30025 W Feb 22-Mar 1 7:00-9:00 pm

40026 T Apr 4-11 7:00-9:00 pm

\$49/2 sessions

Lesley Harder is a certified mediator through the Justice Institute of BC, and a strong advocate of resolving conflict well. She completed her M.A. in Conflict Analysis and Management at Royal Roads University and currently facilitates anger and conflict classes at the Downtown Community Courts, as well as coaching and training in the field of communication and conflict resolution. She has been teaching and training for over 20 years.

Mike Shebib has worked in construction, manufacturing and is currently a Project Manager and vice president of a hospital transition company. He completed his M.A. in Conflict Analysis and Management and utilizes his training with every hospital move. Mike's focus is in the practical applications of conflict management skills in the workplace.

AMERICAN SIGN LANGUAGE

This class will teach you American Sign Language following Signing Naturally Level 1. All classes will be taught in American Sign Language. You will also learn about Deaf Culture. Students who complete the course will have the competence to communicate with Deaf people in either workplace or social settings. It consists of 60 hours of instruction.

Students learn to handle basic everyday communication: exchanging information, beginning with exchanging names and moving on to talking about one's background; Identifying others; making requests; giving reasons; giving opinions; and giving simple directions. Topics center on personal information and the immediate environment. Grammar is introduced in context with an emphasis on developing question and answer skills. Students rehearse conversation strategies for getting attention, asking for clarification, and correcting information to minimize misunderstanding.

30026 T/Th Jan 3-Mar 9 6:30-9:30 pm

40027 T/Th Mar 28-Jun 1 6:30-9:30 pm

\$539/20 sessions FEES INCLUDE TEXT



MANDARIN COURSE (LEVEL 1)

The course is designed for individuals who would like to learn Mandarin Chinese as a second language. The course emphasizes communication-oriented scenarios and features modern and interactive teaching styles as well as simple and easy-to-learn course material. The course is divided into 15 modules which concentrate on teaching the student conversational Mandarin so they can express themselves. Students will also be introduced to the Simplified version of Chinese characters as well as Hanyu Pinyin phonetics system which enables students to pronounce Chinese words correctly.

30027 T Jan 17-Mar 7 6:30-9:00 pm

40028 T Apr 11-May 30 6:30-9:00 pm

\$239/8 sessions

BUSINESS MANDARIN COURSE (LEVEL 2)

The Business Mandarin course is designed for today's professional business person. The course features work-related scenarios to familiarize and expand the students' vocabulary in order to communicate with their Chinese counterparts. The course will also introduce students to Chinese business etiquette.

Prerequisite: Level 1 or ability to speak mandarin at an introductory level

40029 Th Apr 13-Jun 1 6:30-9:00 pm

\$239/8 sessions

SPANISH BEGINNERS

Spanish is a beautiful language that is spoken in many countries from Mexico to Peru. If this is your first introduction to Spanish, you will enjoy learning basic conversation, vocabulary and grammar.

30028 M Jan 9-Mar 6 6:15 -8:00 pm

No class Feb 13

\$159/8 sessions Text: \$25

40030 M Mar 27-Jun 12 6:30-8:00 pm

\$159/10 sessions Text: \$25

SPANISH FOR TRAVELERS

Hola! If you are planning a trip to Mexico or South America, this is the right course for you! It is especially oriented for travelers. In this level we will get into topics like: how to introduce yourself, how to talk about your nationality, origin, work, travel plans, how to ask for something to drink and the price of food at a corner store, etc. You will learn practical phrases in Spanish ready to apply in your next trip.

30029 M Jan 9-Mar 6 8:00-9:45 pm
No class Feb 13

\$159/8 sessions Text: \$25

40031 M Mar 27-Jun 12 8:00-9:30 pm

\$159/10 sessions Text: \$25

SPANISH FOR TRAVELERS 2

Hola! There is lots to learn if you want to feel confident when travelling to a Spanish speaking country. In this level we are going to learn how to tell time and figure out schedules, how to describe people and places, and how to talk about your plans for the future – and of course, keep using all that you learned in Spanish for Travellers. Uses the same text as Spanish for Travelers.

30030 T Jan 10-Mar 7 8:00 -9:45 pm

\$159/9 sessions

40032 T Mar 28-May 30 8:00 -9:30 pm

\$159/10 sessions

SPANISH INTERMEDIATE

Now you know Hola and Muchas Gracias – take your Spanish to the next level with more oral conversation and additional grammar practice. You will improve your vocabulary, and continue to study the present tense and an introduction to past tense.

Pre-requisite: Spanish Beginners or equivalent. Uses the same text as Spanish for Beginners.

30031 T Jan 10-Mar 7 6:15-8:00 pm

\$159/9 sessions

40033 T Mar 28-May 30 6:30-8:00 pm

\$159/10 sessions

Call for instructors!

Do you have a passion, skill or special knowledge that you would like to share?

Submit a proposal to Ridge Meadows College outlining course content, resources needed, length, possible dates and contact information. We may be able to work with you in presenting your course.

Written submissions only please.

Email: rmc@sd42.ca or Fax: 604-463-5437



RED CROSS CERTIFIED FIRST AID WITH FIRST AID HERO

RED CROSS BABYSITTING FOR 11 YEARS OLD +

Please bring a yoga mat, pen/pencil, medium sized stuffed animal or doll, lunch, snacks and water.

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone?

Different from all other Babysitting courses! Babysitting with First Aid Hero emphasizes first aid and learning through real life scenarios. Active role-play! Interactive and fun! Covered in this course:

- Exploring the Business of Babysitting
- Creating Safe Environments
- Safely Caring for ages 0-12
- First Aid Skills

30032 Sa Jan 21 8:30am-3:30pm

40034 W Mar 15 8:30am-3:30pm

10000 W July 5 8:30am-3:30pm

\$63/1 session

