

FLATHEAD VALLEY COMMUNITY COLLEGE
CONTINUING  **EDUCATION**
NON-CREDIT COURSE CATALOG



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Continuing Education Spring Non-Credit Course Catalog

Welcome to the Continuing Education's Spring 2024 session where you can create, imagine, discover and dream while updating your skills. Call **406.756.3832** or visit fvcc.edu/ContinuingEducation to register today!

General Interest and Workforce Training

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Online registration is easy!

Register at fvcc.edu/ContinuingEducation.

For questions regarding online registration,
call **406.756.3832**.

All classes are held in-person at FVCC unless otherwise noted.
Select classes are held at off-campus partner locations or online via Zoom.

FVCC Continuing Education

Arts and Technology Building, Room 215
Monday-Friday, 8am-5pm | 406.756.3832

Non-Credit Registration

Registration for non-credit classes is ongoing throughout the semester.

- Register online at fvcc.edu/ContinuingEducation.
- Early registration is encouraged, as class size is limited.
- Payment is due at the time of registration.

General Information

- With instructor's permission, students under age 16 may register for adult non-credit classes.
- Continuing Education classes do not qualify for financial aid.
- All classes are held at FVCC unless noted.

Class Cancellations

- Classes that do not receive a minimum number of student enrollment may be cancelled.
- If a class cancels, you will be notified and a full refund will be processed.

Withdraw

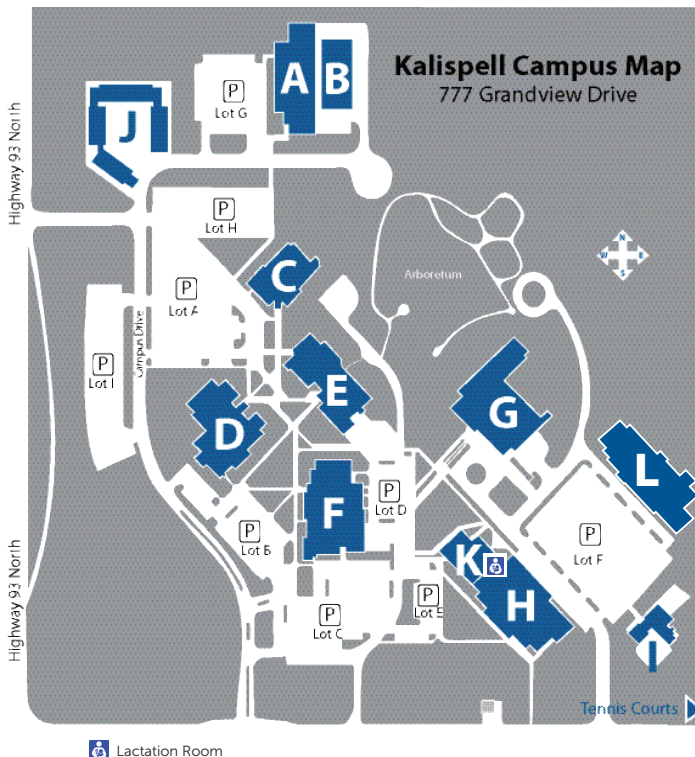
If you are unable to attend a Continuing Education class or workshop for which you have registered, please call Continuing Education immediately to officially withdraw.

Refunds

- Cancellations received 14 calendar days prior to the start of a class or workshop will receive a full refund. Students must contact Continuing Education at 406.756.3832 or ceinfo@fvcc.edu to cancel and request the full refund.
- No refund is issued for cancellations received less than 14 calendar days prior to the start of the class or workshop.

Transfer

Requests to transfer from one class to another, made less than 14 calendar days prior to the start of the first class, may be subject to an additional fee.



Key:

- A) Occupational Trades (OT)
- B) Maintenance
- C) Business & Social Science (BSS)
- D) Learning Resource Center (LRC)
- E) Blake Hall (BH)
- F) Ross Hall (RH)
- G) Arts & Technology (AT)
- H) Rebecca Chaney Broussard Center for Nursing and Health Science (BC)
- I) Early Childhood Center (ECC)
- J) Founders Hall (FH)
- K) Broussard Family Library and Learning Commons
- L) Paul D. Wachholz College Center (WCC)

For additional course information and updates, please visit fvcc.edu/ContinuingEducation or call the Continuing Education Center at 406.756.3832. Space is limited, so register early.



ACCOUNTING & FINANCE

How to Select a Financial Advisor

Dive into important criteria for selecting a financial advisor like what questions to ask when searching for an advisor, differences between a fiduciary and non-fiduciary advisor, the importance of investment track record, how to evaluate investment track record, reading the fine print in disclosures, and defining and measuring expectations.

Ben Reppond 1 session
Mon Jan 22 6:30-8:30pm \$29

The Basics of Stock Market Investing

Explore how portfolios are developed and how to make changes to suit your goals and objectives. Learn about stocks and bonds, mutual funds versus ETFs, risk and reward, how to assemble a portfolio, tax-free or tax deferred investment strategies, fund expenses and advisor fees, and measuring results. Bring your own laptop if you have one (not required).

Ben Reppond 2 sessions
Mon/Wed Jan 29-31 6:30-8:30pm \$49

Maximizing Your Social Security Benefits

Learn everything you need to know to maximize Social Security benefits for the primary worker and spouse. Understand the options available and learn about the optimal age to start taking Social Security, how divorce, widowhood, pension income, or Medicare affect your benefits, how benefits are taxed, strategies for minimizing taxes, and the required documents to claim benefits.

Ben Reppond 3 sessions
Mon/Wed Feb 5-12 6:30-8:30pm \$59

Accounting Fundamentals (Online Course)

Learn the basics of double-entry bookkeeping and how to analyze and record financial transactions. Get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes and various common banking activities.

24 hours: 6 weeks instructor-led or 3 months self-paced \$129 Register at ed2go.com/fvccce

Unlocking Financial Statements

As a decision-maker for your organization, you have powerful tools in your balance sheet, income statement and cash flow. Refine your understanding about generally accepted accounting principles and how to scan any financial report to quickly notice pertinent numbers.

Brien Kreps 1 session
Wed May 1 6-9pm \$49

Cash-Flow Management

Would you like to know how to increase the balance in your business checking account? Learn how the decisions you make daily affect your cash flow and what decisions you can make to improve your cash flow.

Brien Kreps 1 session
Wed May 8 6-8pm \$35

Register online today!

Quick | Easy | Convenient

fvcc.edu/ContinuingEducation

AGRICULTURE & ANIMALS

Landscape Fundamentals

Discover fundamental landscape principles including basic design concepts, proper planting techniques of trees, shrubs and groundcovers, basic sprinkler design, scheduling and maintenance, and practical pruning of trees and shrubs. Learn how to use these techniques and budget to make your landscape successful.

Dudley Marburger 6 sessions
Wed Jan 31-Mar 6 5:30-7:30pm \$89

Small Acreage Farm Production

Get an introduction to growing food crops and setting up your small farm for long-term success. Class covers considerations and concepts around regenerative farming, soil health and soil testing, crop selection, climate, season extension, organic pest management, and farm infrastructure. Taught by the FVCC Campus Farm Manager.

Dane Regan 2 sessions
Mon Feb 5-12 5-8pm \$89

Introduction to Greenhouse Seed Starting **NEW**

Learn about starting vegetable and flower seeds indoors and in a greenhouse. Explore the fundamentals of variety selection, seed germination, and management strategies for indoor and greenhouse settings.

Dane Regan 1 session
Sat Mar 30 10am-1pm \$44

Crop Focus: Tomatoes **NEW**

Learn about growing tomatoes in Northwest Montana. This class covers seed and variety selection, seed starting, planting, trellising and harvest for outdoor and greenhouse production.

Dane Regan 1 sessions
Sat May 18 10am-12pm \$34

Seed Starting: Growing for Your Garden

Get an early start to your outdoor garden. Learn to sprout, sow and grow your fruit and vegetable plants indoors to accommodate Northwest Montana's short summer growing season. Lots of tips and tricks for frugal, common sense and efficient gardening.

Kathy Prim 1 session
Sat Feb 24 10am-12:30pm \$34
Sat Mar 9 10am-12:30pm \$34

Square Foot Gardening

Learn to save time, effort, tools, space and water with the square foot gardening method. It is estimated to cost 50% less, uses 20% less space, 10% of the water, and only 2% of the work compared to single row gardening. There's virtually no weeds, no digging or rototilling, and no heavy tools necessary.

Kathy Prim 1 session
Sat Mar 23 10am-12:30pm \$34
Sat Apr 13 10am-12:30pm \$34
Sat May 4 10am-12:30pm \$34

All About Chickens & Eggs

This one-day class gives facts about chickens and eggs "gathered" from a lifetime of raising chickens. Find out the benefits and commitment of raising chickens. Learn about the aspects of economics, housing, feeding and equipment needed to start your own flock.

Emy Amy 1 session
Sat Feb 3 10am-1pm \$34

Pet First Aid, CPR & Disaster Response

Learn to identify and prevent pet emergencies and recognize normal and abnormal vital signs. Discuss how to care for pets, plan for the outdoors and travel, and how best to handle disaster and response.

Racheal Vargas 1 session
Thu Mar 14 9am-1pm \$74

K-9 Wilderness Emergency Care

Specifically designed for the Montana outdoor enthusiast who likes to share their outdoor adventures with their dog where access to veterinary care is delayed or communication is limited. Learn the necessary emergency first aid treatments for injuries and illnesses common in the Montana outdoors and how to make appropriate evacuation decisions.

Racheal Vargas 1 session
Sat Mar 16 9am-5:30pm \$144

Do you have a desire to teach?

Talk with us about teaching a special interest, non-credit class.

For more information, email ceinfo@fvcc.edu or call 406.756.3832

Why Does My Dog Do That?

Learn from latest discoveries in applied ethology (animal behavior), neuroscience, and advances in medical imaging technology to explore why our beloved pets do what they do. Bring your own perplexing pet behavior stories to share and practice identifying the underlying motives and mechanisms of canine behavior, as well as evidence-based resources for lower stress, positive-reinforcement behavioral adjustment.

Elise Poston 2 sessions
Tue Apr 23-30 6-7:30pm \$34

Language of the Horse Part I

In a safe environment, come learn the subtle language of horses. Observe horse posturing and general herd actions and discover the why behind many of their behaviors to help learn to establish a relationship of trust. A hands-on class, but no riding and no horse experience necessary. Ages 14 or 15 must attend with a registered adult. Ages 16 and up may attend by themselves. The evening class meets on the FVCC campus. Saturday classes meet at the Stillwater Horse Whispers near Whitefish. Additional class time may be needed due to horse intervention. Attendance is important as information builds on each class session. No class 3/23.

Stillwater Horse Whispers 4 sessions
Thu Mar 7 7-10pm
Sat Mar 9-30 1-3pm \$300



Photo Credit: Julie Brempeles

Language of the Horse Part II

Building on lessons from Part I, this class is smaller and more intense. Gain a greater sense of connection with horses, discovering ways to deal with problem areas. Learn to put the horse's feet where you want them without lead rope or halter and about their blindspots. Prerequisite: Language of the Horse Part I or permission from instructor. All classes meet at the Stillwater Horse Whispers near Whitefish.

Stillwater Horse Whispers 4 sessions
Sat Apr 6-27 1-3pm \$350

ARTS**Watercolor Magic**

Learn the basic techniques of watercolor painting and create a painting every week. Explore a variety of methods to enhance your paintings and let your creativity flow. The last class is devoted to creating a final painting encompassing the techniques learned in previous weeks.

Dana Fraley 8 sessions
Tue Jan 30-Mar 19 6-8pm \$139

Beginning Portrait & Head Drawing

Create beautiful portraits of men, women and children using basic tools. Explore different styles from modern representational art to photo realism using both live models and photos as references. Work on your own subjects during the week and discover the satisfaction of capturing human emotions through your artwork.

Steve Miller 6 sessions
Thu Feb 1-Mar 7 6-9pm \$189

Multi-Level Portrait Drawing

Multi-level portrait drawing is for the artist who has had some experience with head drawing. Explore various head angles and mediums during extended poses with live models. Class includes different ethnic, age and character studies. No class 3/28.

Steve Miller 5 sessions
Thu Mar 14-Apr 18 6-9pm \$139

Make a Coin Ring

Learn to turn your special coins into rings and other jewelry items. Over many centuries, people have carried them, passed them down, exchanged them, collected them and traveled with them. When coins are turned into other unique items, we get to enjoy being/becoming a part of their story. Register by 1/29. No class 2/19.

Shawn Goodwin 5 sessions
Mon Feb 5-Mar 11 6:30-9:30pm \$199
Mon Apr 1-29 6:30-9:30pm \$199

Make Domed Coin Earrings NEW

Turn your special coins into domed earrings. Learn to make coin earrings and other interesting items from coins using several methods. Supplies and tools will be provided; you may bring your own coins.

Shawn Goodwin 1 session
Mon Mar 18 6:30-9:30pm \$89

Mixed Media Collage

Under the guidance of a contemporary narrative collage artist, explore a series of projects designed to boost creativity and teach techniques while helping you create a variety of mixed media collages. Class meets every other Saturday; 3/2,3/16, 3/30 and 4/13.

Jill Kanewischer 4 sessions
Sat Mar 2-Apr 13 9am-12pm \$99

AVIATION**Fixed-Wing Private Pilot Ground Course**

Learn the skills required to become a safe, proficient pilot in this ground course designed to help you earn your Private Pilot license (certificate). Geared toward fixed-wing but can also be done in pursuit of a helicopter license. Course includes the required books, tools and a 30-minute introductory flight at Red Eagle Aviation. There is an additional fee required to take the FAA Knowledge Test for Private Pilot Certification. The cost of the FAA Knowledge Test and required flight hours and in-flight instruction (with any training organization) are not included. No class 3/26.

Red Eagle Aviation 10 sessions
Tue Feb 6-Apr 16 6:30-9pm \$499



Photo Credit: Red Eagle Aviation

Fixed-Wing Instrument Ground Course

Learn the skills required to become a safe, proficient pilot in this ground course designed to prepare you for the Instrument Knowledge Exam. Review basic instrument flying and flight instruments, IFR regulations, procedures, navigation charts, and flight planning necessary for flying under IFR conditions. Course includes required books, tools, and a one-hour instrument flight at Red Eagle Aviation. The cost of the knowledge exam, as well as the required flight hours and in-flight instruction (with any training organization) are not included in this course. No class 3/28.

Red Eagle Aviation 10 sessions
Thu Feb 8-Apr 18 6:30-9pm \$499

BRIDGE, CRAFTS & HOBBIES**Beginning Bridge I**

If you know the basic rules of bridge and want to improve your bidding and playing skills, this class is for you.

Cathy Barbouletos 8 sessions
Tue/Thu Feb 6-29 5-7pm \$99

Beginning Bridge II

Do you want to improve your bidding, playing and defensive skills? Learn to play bridge with confidence.

Cathy Barbouletos 8 sessions
Tue/Thu Mar 5-28 5-7pm \$99

Beginning Bridge III

You've learned all the basics, now learn a few of the conventions to complete a successful game. This class meets at the Flathead Valley Bridge Center.

Cathy Barbouletos 8 sessions
Sat Feb 10-Mar 30 10am-12pm \$99

Basics of Dungeons & Dragons, Fifth Edition

Learn the basic rules and guidelines of the popular Dungeons and Dragons Fifth Edition. Dungeons and Dragons can be overwhelming, but is a challenging, thought provoking, and lifelong game you can play with friends and family in many different ways. Students must provide a standard set of Dungeons and Dragons Dice (approx \$5). For ages 16 and up.

Jarret Isles 6 sessions
Wed Feb 14-Mar 20 6-8pm \$89

Springtime Maker: Custom Designing NEW

Learn all about the machines in the FVCC Makerspace through this hands-on course. Each session is focused on a different project. Learn the basics of 3D printing, laser engraving, form mold making, and more. Supplies provided.

Katie Eberhardy 5 sessions
Thu Jan 25-Feb 22 5-7pm \$139

Eggstraordinary Eggs

Explore the art, symbolism and joy of creating traditional Ukrainian Easter eggs. Pysanky eggs are decorated using a method of batik/wax resist dyeing. With a little patience, some beeswax, a special stylus and dyes, create your own collection of beautiful eggs.

Kathy Martin 5 sessions
Wed Feb 21-Mar 20 6-8pm \$89

Register online today!

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**Cricut® Basics**

Learn the basics of using a Cricut® by creating customized designs to add to items like tote bags, hats, shirts and mugs. Discover the difference between two kinds of stickers you can produce with a Cricut machine. All supplies provided.

Katie Eberhardy 3 sessions
Mon Apr 8-22 3:30-5:30pm \$79

Cricut® Customization Workshop: Custom Design for Fabric NEW

Learn the basics of using a Cricut® cutting machine and heat press to customize any fabric-based item that is a cotton blend. Make and apply your unique design, then add it to whatever item you bring to class you want to customize (hat, t-shirts, bandana, tote bag, hoodie or any other cotton-blend fabric item). Supply your own fabric-based item.

Katie Eberhardy 1 session
Thu Feb 29 4-5:30pm \$25
Fri Apr 26 4-5:30pm \$25

3D Printing: Basics

Learn the basics of 3D printing including how to navigate software (Ultimaker Cura), edit and slice your file and prepare the project for printing. Discuss hardware maintenance, best practices for printing and more! All supplies provided.

Katie Eberhardy 2 sessions
Thu Apr 4-11 3-5pm \$59

Crochet for Beginners

This class covers yarn, needles, pattern reading and the basic stitches and textures needed to create simple to intermediate projects. During the first day, learn 2-3 small projects and during day two, learn stitches and assembly from your chosen pattern. Bring one skein of worsted weight light colored yarn, hooks (G, H, I, J).

Jan Shanahan 1 session
Sat Feb 10 10am-3pm \$64

Basics & Beyond of Crazy Quilting

For beginning and next-level fabric crafters who want to learn about the eclectic form and technique of handwork and quilt projects. Materials and stitch book provided to help guide you through developing your own design. Learn 10-15 crazy quilt stitches, how to add embellishments, and how to meticulously plan your design for a stylish, haphazard look.

Jan Shanahan 1 session
Sat Feb 24 10am-3pm \$64
Sat Apr 6 10am-3pm \$64

T-Shirt Quilts

Have old t-shirts that you don't wear but can't bring yourself to part with? Come join us for a weekend of sewing basics as you turn your beloved shirts into your new favorite quilt. Additional shirts provided.

Katie Eberhardy 2 sessions
Sat/Sun Mar 9-10 10am-3pm \$114

Resin Basics NEW

Learn the basics of mixing and pouring resin. All supplies provided.

Katie Eberhardy 1 session
Thu May 2 4-5:30pm \$34

**Handmade Journal**

Create your own 6x9" handmade journal with pages that open flat for two-page spreads using ink, watercolors, pencils, markers, or mixed media. This journal is wonderful for encouraging your creativity: sketches, painting ideas, science journaling, doodling, or calligraphy. you name it.

Susan Wagner 1 session
Sat Mar 16 9am-3pm \$49

Pine Needle Basketry

Learn the traditional art of pine needle basketry. With a few basic supplies and some guidance, you can create lovely pine needle baskets. You will learn how to prepare the pine needles and create the pine needle coils, which you will stitch together to form a basket. You will be learning a variety of techniques to create different basket styles and will leave with one or two baskets which you have made.

Susan Wagner 2 sessions
Sat Apr 27-May 4 9:30am-2:30pm \$79

BUSINESS DEVELOPMENT**Job Service**
KALISPELL

Our business education seminars are free to attend and feature subject matter experts facilitating informative discussions.

Learn something new, ask questions of the professionals and network with peers.

Learn to:

- make better decisions quickly
- engage and energize your employees
- exchange ideas, insights and real-world solutions that directly impact your bottom line
- utilize all available resources to operate and grow your business

On site at Job Service Kalispell or on Zoom. Call 406.758.6200 to be added to the notification list.

**Do Business in Montana Seminar Series**

Monthly, January-May, Thu 1-2pm FREE
 In-person at Montana West Economic Development, 44 2nd Ave W, Kalispell, MT 59901

Learn from local experts in Montana West's free monthly seminar series for businesses. Whether you are an entrepreneur in the start-up phase, looking to expand your existing operations, or considering selling the business you've spent a lifetime building, come for the resources and information you need.

Register at dobusinessinmontana.com/seminars

FVCC offers contract training for your business from technical skills to leadership development.

Call 406.756.3833
 to consult with Jodi Smith on training packages.

fvcc.edu/business-industry
jsmith@fvcc.edu

**Small Business Development Center**

Business counseling, marketing, financial projections, startup assistance and more—free of charge.

- Start a New Business—Turn your business idea into reality.
- Business Finance Assistance—Understand your finances and increase your profits.
- Business Plans—Get help writing your business plan.

Schedule an appointment online at sbdc.mt.gov/kalispell or contact Rob Driscoll, Kalispell SBDC Director, at 406.609.9496 or rdriscoll@fvcc.edu.

The Montana SBDC Network offers a wide variety of trainings and workshops for small businesses in all phases of business development from start-ups to those looking at growth and expansion. Scan here for a list of popular trainings offered in the SBDC Network.



SBA's online learning programs are designed to empower and educate small business owners. Visit learn.sba.gov to learn more.

COMMUNICATION**Certified Interpretive Guide Course**

Learn strategies to craft powerful messages, engage audiences, create memorable experiences, and deliver presentations with confidence. This course is ideal for educators, docents, naturalists, cultural history interpreters, rangers, and tour guides. Register at interpnet.com/courses by May 3rd. Certification is an additional \$165.

Christiane Hinterman,
 Certified Interpretive Trainer 4 sessions
Mon-Thu May 20-23 8:30am-4:30pm \$265

Assertiveness Skills That Work

Communicate decisively, confidently and authentically to share your ideas while respecting the interests of others. Practice assertive behaviors through verbal, vocal and visual techniques and acquire confidence in taking a courageous stand on conversation topics.

Phil Quigley 1 session
Thu Mar 7 9-11am \$35

Master the Art of Critical Conversations

We live our lives one conversation at a time. Your success in life depends greatly on how confidently you show up in those crucial conversations. Summon the courage to openly express your ideas and opinions—even the risky, controversial ones—crisply and confidently. Learn how to speak up and win support for your ideas, enlist honest feedback, and honor the perspectives of others in productive, respectful conversations.

Phil Quigley 1 session
Thu Mar 21 9-11am \$35

Don't Hesitate: Decide!

Master a powerful tool for making informed, intelligent, synergistic decisions while harmonizing different perspectives and opinions. Discover how to achieve buy-in among competing personalities when tough decisions must be made. Learn to deploy a decision making model that combines interpersonal skills, rational skills and task skills to get everyone's commitment and support.

Phil Quigley 1 session
Thu Apr 18 9-11am \$35

The Art of Persuasion

Learn the secrets of some of the world's most inspiring and successful influencers. Master a suite of best practices for influencing colleagues, executives, customers and other decision makers. Win others over with empathy, compassion and understanding, and by learning and applying three game changing persuasion tools.

Phil Quigley 1 session
Thu May 2 9-11am \$35

Interested in a Skilled Meeting Facilitator?

Invite a skilled facilitator to help prepare and guide your retreat agenda for strategic planning, to address a difficult discussion topic, or to brainstorm innovative change. A facilitator objectively oversees the schedule, neutrally raises important questions and fosters participation by all team members. Facilitation includes three hours of meeting time to develop an agenda, prepare for the meeting and write a meeting summary.

3 hours: \$500 Additional time invoiced at \$100/hour facilitation time, \$50/hr preparation time.

Register online today!

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COMPUTERS, MEDIA & TECHNOLOGY**Windows 10 Features**

Learn the basics of the Windows 10 operating system including the Edge browser, task view and Snap Assist for windows management. Customize your workspace, manage user accounts, and familiarize yourself with the Windows voice controlled assistant, Cortana.

Shannon Hanson 1 session
Tue Feb 27 1-4pm \$69

Becoming Tech Savvy

Learn at a relaxed pace with a compatible group of beginning computer users. Gain a fundamental understanding of how computers operate, creating and managing computer files, writing letters and emails, using the internet, and navigating Windows 10 and Office 2019.

Amelia Ward 5 sessions
Mon/Wed Apr 1-15 5:30-7:30pm \$139

Cybersecurity for Personal & Small Business Protection

Gain a comprehensive understanding of cybersecurity strategies and develop the necessary skills to safeguard your digital assets from cyber threats. This course aims to raise awareness about common cybersecurity threats, equip you with practical strategies to mitigate risks and enhance your cybersecurity program, and empower you to adopt secure online practices.

Mike Parrish 4 sessions
Wed Apr 3-24 6-8pm \$112

Introduction to Video Editing NEW

Editing is an art form and the most important part of the video creation process. Learn how to take raw footage, stills and music, and then make a finished video to share with peers, family and friends.

Chris Tempel 3 sessions
Wed Apr 3-17 6-8pm \$84

Start & Grow Your YouTube Channel

Learn the essentials to be successful with your own YouTube channel - realities, niche, channel name, camera and sound options, editing, dashboard and analytics. Walk away with tips for growing your channel.

Chris Tempel 3 sessions
Wed Apr 24-May 8 6-8pm \$84

Foundations of Microsoft Excel

Explore the basics of spreadsheet functions like shortcuts to assist in data entry, how to create formulas, and basic formatting. Learn to manage an Excel workbook including data organization, linking, cross-sheet formulas and working with multi-sheet books. Walk away with tips and tricks to speed up your layout, formatting, and printing. Prerequisite: experience with basic Windows functions.

Allison McCarthy 2 sessions
Tue Mar 5-12 (Zoom Option) 1-4pm \$129
Tue Apr 23-30 (Zoom Option) 1-4pm \$129

**Advanced Microsoft Excel**

Dive into useful Excel functions like graphs and charts, IF and VLOOKUP formulas, conditional formatting rules, sorting and filtering functions, and more. Learn to use advanced filtering to build accurate, duplicate-free lists that you can then send to a separate file for emailing. Combine the power of pivot tables with accurate lists to create summary level reports. Prerequisite: Excel Level I & II – or Foundations of Excel.

Allison McCarthy 2 sessions
Tue May 7-14 (Zoom Option) 1-4pm \$129

Microsoft Word: A powerful tool with hidden features

Reduce your time, effort and energy by leveraging the most popular word processing program in the world. Even lifelong Word users will leave with new skills. Learn your way around the normal template, keyboard techniques, formatting, the clipboard, indentations, lists and inserting photos. Save time with shortcuts and custom settings.

Allison McCarthy 2 sessions
Tue Mar 19-Apr 2 (Zoom Option) \$129

QuickBooks Online (Online Course)

The introduction course focuses on key features of QuickBooks Online like creating invoices, receipts, and statements; tracking payables, inventory, and receivables; generating reports; and more. The intermediate course shows how to set up accounts for different types of businesses, enter budgets, and how to track situations in which the owner uses or invests company funds.

**24 or 48 hours / 6 or 12 weeks -
\$139 each or \$250 for both
Register at ed2go.com/fvccce**

WordPress: Easy Website Design

Learn how to set up an entire website with WordPress. No programming skills needed. Recommended prerequisite: Resizing Images for Print & Web - see page 18.

Shannon Hanson 3 sessions
Wed Apr 24-May 8 1-5pm \$159

Advanced WordPress Web Design

Designed for those responsible for the administration of a WordPress website or who just want a deeper understanding of how it works-learn about themes, plugins, installation and registration as well as backing up your site and moving to a new host.

Shannon Hanson 3 sessions
Wed May 15-29 1-5pm \$159

Google Suite

Google Suite contains numerous applications to help us function in our high tech world. Learn about Gmail, Sheets (spreadsheets), Docs (word documents), Slides (slide presentation), and Meet (video conferencing). Create each one while learning the ins and outs of using Google.

Shannon Hanson 2 sessions
Thu Feb 8-15 1-5pm \$155



**Interested in
contract training?
Let's talk.**
Call Jodi at
406.756.3833 or email jsmith@fvcc.edu.

See page 14 for details.

CUSTOMER SERVICE & HOSPITALITY**Next Level Customer Service Toolkit** NEW

Take your customer service to the next level, confront conflict with confidence and help your team stay motivated in tough times. Learn powerful customer service techniques including: 7 things never to say to customers; 4 ways to apologize; 5 secrets to move a customer out of their hardball mentality; and methods on how to handle 4 common difficult customer types.

Lisa Jones 4 sessions
Tue Feb 6-27 2:30-4:30pm \$125

Managing Customer Service (Online Course)

Learn how to correctly anticipate and meet your customers' needs. Discover some effective methods to bring out your best and do the same for the other people you work with while serving as an ambassador for your company.

**6 weeks / 24 hours / \$135
Register at ed2go.com/fvccce**

DANCE, FITNESS & HEALTHY LIVING**Traditional Irish Step Dance**

Learn Irish dance steps that have been around for hundreds of years. These dances have been recorded and preserved by the great Irish dance masters of the time. Join this non-competition style of dance as a fun and fulfilling form of exercise. No class 3/25.

Crystal MacInnes 6 sessions
Mon Mar 11-Apr 22 6:45-7:45pm \$59

Jitterbug (Single Step Swing)

The jitterbug, an upbeat form of swing dancing, is associated with various dances such as the Lindy Hop, jive and East Coast Swing. Danced to all types of music and in all dance venues and bars, the Jitterbug is a must-have in your dance repertoire. Meets off campus.

Tom Reynolds 5 sessions
Mon/Wed Feb 26-Mar 11 6-7:30pm \$55
Mon/Wed Apr 15-29 6-7:30pm \$55

American Waltz

Considered by some as the "mother of present day dances" of the ballroom, the waltz is the basis for many dances. Learn the steps of this smooth dance that is all about gliding in a lively manner, characterized by its rise and fall action. Meets off campus.

Tom Reynolds 5 sessions
Mon/Wed Feb 26-Mar 11 7:35-9:05pm \$55

Nightclub Two Step

Learn the versatile nightclub two step, a partner dance originally developed for dancing to slower music. Enthusiastic instructors teach how to move in the "box" and move smoothly so you can dance confidently to most songs in any venue. Meets off campus.

Tom Reynolds 5 sessions
Mon/Wed Apr 15-29 7:35-9:05pm \$55

Introduction to Salsa Dance NEW

Learn basic partner dancing structure and dance your way into salsa. Learn about the origins of salsa music and dance along with the basic steps and a few turns to get you started on the dance floor. No partner required.

Shane Braverman 1 session
Sat Apr 20 10am-12pm \$34

Bright Line Eating: A Science-Based Approach to Changing Your Mind and Body NEW

Discover the power of Bright Line Eating, created by Dr. Susan Peirce Thompson, Ph.D, a New York Times bestselling author and expert in the psychology of neuroscience of eating. Through understanding the addictive nature of flour and sugar, learn how to change your mind and body with a simple and effective approach to weight loss.

Emily Lavin 1 session
Tue Jan 23 5:30-7pm \$25

Intro to Cupping Theory & Practice NEW

The practice of cupping dates back thousands of years and is more popular today than ever before. Come learn its history, the different modalities used today, how it works and how it can benefit you. This workshop covers equipment, self-care, restrictions and safety concerns.

Sheena Istre 3 sessions
Tue Mar 5-19 6:30-8:30pm \$54

Basic Massage

Learn the science and art of basic massage from a professional massage therapist with 50 years of experience. Course enables you to give and receive relaxing massages to the head, neck, arms, hands, feet, legs and back. Class attendance is important as skills and information build on each session. No class 3/27.

Bill Hunger 7 sessions
Wed Feb 21-Apr 10 7-9pm \$99

Freeing Your Feet

This three-hour workshop explains why healthy feet matter in your life. Learn the anatomy of healthy feet, discuss ways to improve your foot, knee and hip health, and enjoy an hour-long foot-focused yoga practice.

Leigh Clausen 1 session
Sat Feb 3 9am-12pm \$34
Sat Mar 16 9am-12pm \$34
Sat Apr 6 9am-12pm \$34

Strengthen Your Feet

Building upon the knowledge from the Freeing Your Feet course, work on increasing strength in your feet, ankles and hips. Focus movements that develop strong legs and support functional feet. Each week includes a lesson followed by a foot-focused group practice.

Leigh Clausen 5 sessions
Sat Feb 10-Mar 9 9-10:30am \$64
Sat Apr 13-May 11 9-10:30am \$64

Self Defense for Women

Learn basic self-defense techniques to help you stay safe. Class features guest instructor representing the Kalispell Police Department. Wear comfortable clothing and be prepared for hands-on exercises.

Dudley Marburger & Bonnie Bushman 6 sessions
Tue Jan 30-Mar 5 5:30-7pm \$79

Chair Yoga

Gentle chair yoga class for seniors or people with issues which prevent getting down/up from the floor surface. Includes safe strengthening, safe flexibility techniques, and breathing to increase endurance and focus. Standing poses with use of a chair for stability offered for those looking to increase or improve balance.

Linda Miller 6 sessions
Tue Jan 30-Mar 5 10-11am \$64
Tue Mar 26-Apr 30 10-11am \$64

Focused Yoga: Hips & Shoulders NEW

Relieve tension and improve flexibility in your hips and shoulders with this specialized yoga class designed for those who spend extended periods of time seated at a desk. Through gentle stretches and mindful movements, counteract the effects of prolonged sitting, alleviate muscle tightness and enhance your overall range of motion.

Sheena Istre 10 sessions
Fri Feb 23-Apr 26 7:30-8:30am \$89

Every Body Yoga

Learn yoga fundamentals with this 10-week Hatha yoga new spring series course.

Begin with a core sequence of poses, each one taught progressively to maximize the individuality of every student. In the following weeks, add more challenging poses to the base sequence. Perfect for students of all ages and levels to feel the difference in your strength, flexibility, balance and focus by the end of the course.

Sheena Istre 10 sessions
Thu Feb 15-Apr 18 8-9am \$89



Pilates for Every Body

Pilates is a system of controlled movements designed to build strength, flexibility and endurance. Focusing on the core of the body, the practice emphasizes alignment, breathing and control. Classes focus on moving the body in all planes of motion to increase mobility and use body weight to strengthen and tone.

Emily Jense 12 sessions
Wed Feb 7-Apr 24 5:20-6:20pm \$99

Beginning Zumba

Get your heart pumping and your face smiling as you dance your way to fitness. This is a fun interval workout with cardio and Latin inspired dance and a combination of fast and slow rhythms.

Caitlin Amy 6 sessions
Sat Feb 3-Mar 9 10-11am \$59

Oula One

Oula One is a heart-based, musically-inspired yoga dance fusion class. Each session is done barefoot on the mat, with no jumping or impact. Journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Join us to rejuvenate mind, body and soul. No class 2/19.

Donna Bryant 7 sessions
Mon Jan 29-Mar 18 5:30-6:30pm \$69
Mon Apr 1-May 13 5:30-6:30pm \$69

SHiNE LIGHT™ NEW

SHiNE LIGHT is a branch of SHiNE Dance Fitness which specializes in low impact and simplified choreography with a focus on stability and safe ranges of motion for all abilities. Rooted in jazz, ballet and hip-hop, each class includes the perfect balance of cardio and toning to ensure you receive a full-body workout with real results. SHiNE LIGHT is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community. No class 2/19.

Donna Bryant 5 sessions
Mon Jan 29-Mar 4 6:45-7:45pm \$49

Oula Dancemania for the Soul

Oula is an easy-to-follow, high-cardio dance fitness class for people of all abilities. It is a motivating hour of high-energy exercise to great music where participants are free to let it all out and dance free of judgment. Burn some calories and leave feeling better about yourself and your day.

Donna Bryant 7 sessions
Thu Feb 1-Mar 14 5:30-6:30pm \$69

SHiNE Dance Fitness™

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet and is the perfect balance of cardio and toning to ensure you receive a full-body workout. No class on 3/28.

Donna Bryant 7 sessions
Thu Mar 21-May 9 5:30-6:30pm \$69

Forward-Facing® Professional Resilience Workshop (Zoom Option) NEW

Discuss the potentially painful effects of those suffering from compassion fatigue and burnout from work-related stress. Understand the true causes of stress while learning skills for successful self-regulation of anxiety and developing your ability to prevent the symptoms of work-related stress and fatigue. Includes workbook and assessment instrument.

Kyle Krebs 2 sessions
Wed Feb 15-22 5:30-9pm \$125

Register online today!

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Introduction to Forest Bathing (shinrin-yoku)

Research shows that spending time in nature offers positive physiological and psychological benefits. Slow down and focus your senses on the natural world to help address daily stresses. Forest bathing, also known as shinrin-yoku and forest therapy, offers a way of experiencing nature for health and wellbeing. Learn how to tap into this simple and fun, yet powerful practice so you can do it anytime and anywhere.

Ellen Horowitz		1 session
Wed May 8	6-8:30pm	\$34
Thu May 23	6-8:30pm	\$34

Stop the Bleed®

Learn how to Stop the Bleed, apply a basic wound dressing, pack a deep laceration, apply a chest seal, apply a tourniquet and a basic injury assessment. Stop the Bleed encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Includes certification.

Racheal Vargas		1 session
Tue Feb 13	3-4:15pm	\$34
Wed May 1	1:30-2:45pm	\$34

Family & Friends® CPR

Learn to perform CPR and save lives. This class is designed for family members, grandparents or anyone wishing to learn the basics of CPR and choking hazard/danger/skills or have a quick refresher. Taught by Certified American Heart Association instructor.

Racheal Vargas		1 session
Wed Feb 21	10am-1pm	\$39
Wed May 1	10am-1pm	\$39

Heartsaver® Total (CPR, AED & First Aid)

This course from the American Heart Association is designed for anyone with little or no medical training and wants to prepare to act in an emergency at work or home. Learn CPR skills for adults, children and infants. Receive a completion card after finishing the first aid and/or CPR training.

Racheal Vargas		1 session
Wed Feb 21	1:30-6:30pm	\$79
Wed Mar 13	9am-2pm	\$79
Wed Apr 10	3-8pm	\$79
Tue May 7	9am-2pm	\$79

Basic Life Support for Healthcare Providers

The American Heart Association's Basic Life Support course reflects new science from the 2020 AHA Guidelines Update for CPR and Emergency Cardiovascular Care. This video-based, instructor-led course teaches single-rescuer and team basic life support skills for application in both in-facility and pre-hospital settings.

Racheal Vargas		1 session
Tue Feb 13	5-8pm	\$64
Tue May 7	2:30-5:30pm	\$64

Basic Wilderness First Aid for Women

Learn to understand and avoid wilderness hazards and provide emergency care in the wilderness. Students wishing certification from NASAR can make arrangements at the end of the program. Additional \$30 fee required for certification.

Racheal Vargas		1 session
Wed Feb 7	9am-5:30pm	\$94

EDUCATION

Biotech Bootcamp for Teachers— Fantastic Fungi: Sources of Antibiotics and Enzymes for Biofuel Production

Learn to perform hands-on experiments with fungi to measure their antibiotic activity and explore their role in biofuel production. Designed for secondary science educators who are interested in adding investigative biotechnology experiments to their laboratory curriculum. Participants may earn 7 hours of District 5 PIR or OPI renewal units. Hosted by FVCC and funded by the Bio-Rad Explorers Community.

Ruth Wrightsman		2 sessions
Fri May 3	4-6pm	
Sat May 4	9am-2pm	\$20

FILM SERIES

Ireland Thru Film II NEW

Explore themes of familial bonds, national trauma and identity, history and mythology as you watch Irish movies and discuss their stories, context and cultural impact. Featured films include "The Quiet Girl," "Five Minutes of Heaven" and "The Secret of Kells."

Jon Hatch		3 sessions
Tue Feb 6-20	2-5pm	\$30

First Friday Films: Growing Up NEW

Growing up is tough, but it looks good on film. Each month this spring, from February to May, watch and discuss a quirky coming-of-age movie that wrestles with themes of identity, self-discovery and the complicated dynamics of friendship and family.

Jonathan Fetter-Vorm		1 session
Fri Feb 2	7-9:30pm	\$5
"Hunt for the Wilderpeople"		
Fri Mar 1	7-9:30pm	\$5
"Persepolis"		
Fri Apr 5	7-9:30pm	\$5
"Leave No Trace"		
Fri May 3	7-9:30pm	\$5
"Lady Bird"		

FOOD & WINE

Mayku® Valentine Chocolates NEW

Learn the basics of using a Mayku® Mold Maker by creating a customized chocolate mold and creating your own chocolates. All supplies provided.

Katie Eberhardy		1 session
Mon Feb 12	3:30-5pm	\$25

Soups, Stews & Chowders

Warm up the cold weather seasons with everyone's favorite one-pot comfort food. Learn to make a variety of healthy and economical soups perfect for dinners of any size. Bring an apron and your appetite to this fun, hands-on class.

Emy Amy		1 session
Sat Feb 10	10am-1:30pm	\$64

Comfort Food Cooking

Say goodbye to last-minute runs to the grocery store. Make delicious comfort foods from common items found in your kitchen. Whether it's a main dish, side, soup, salad or dessert, you will be amazed at what you can make from everyday items found in your pantry.

Emy Amy		1 session
Sat Feb 17	10am-1:30pm	\$64



Pies: Sweet & Savory NEW

Making your own pies from scratch is both rewarding and delicious. In this hands-on class learn tips and tricks to make pie crust and filling; including savory pies.

Emy Amy 1 session
Sat Feb 24 10am-1:30pm \$64

Basic Bread Making

Any time is a great time to bake bread. Learn tips and techniques for making a variety of breads. Topics covered include dinner rolls, cinnamon rolls, biscuits and scones.

Emy Amy 1 session
Sat Mar 2 10am-1:30pm \$64

Simple Butter & Cheese

Learn to make creamy hand-churned butter and fresh mozzarella cheese in this fun and engaging class. Become familiar with the history and equipment used in making butter and cheese as you step back in time to learn the old skills of the trade. By adding new twists to accommodate today's busy lifestyle, add these delicious homemade staples to your kitchen.

Emy Amy 1 session
Sat Mar 9 10am-1:30pm \$64

Basics of Home Canning

Stock your pantry with home-canned foods after you learn a practical hands-on method using the water bath method. Good for most fruits, jam, salsa and pickles. Learn tips and techniques for canning your garden tomatoes.

Emy Amy 1 session
Sat Mar 16 10am-2pm \$69

Preserving Jams & Jellies

Learn basic techniques to can and preserve jams and jellies. These jewel-toned beauties not only make wonderful homemade treats for your family, but also make tasty gifts. Basic canning knowledge is helpful.

Emy Amy 1 session
Sat Mar 23 10am-2pm \$69

Japanese Traditional Cuisine: Gluten-Free Karaage and Miso Soup NEW

Karaage is one of the most popular Japanese cuisines. It is the Japanese version of fried chicken nuggets enjoyed as an appetizer or a meal in Japan. Learn how to prepare flavored chicken with soy sauce, sake, ginger and garlic, to make juicy and crispy Karaage. Also learn how to make Miso soup.

Yoshimi Yamamoto-Derks 1 session
Tue Mar 5 5:30-8:30pm \$64
Fri Mar 8 10am-1pm \$64

Japanese Traditional Cuisine: Oyakodon & Miso Soup

Learn to make one of Japan's most popular dishes, oyakodon, a rice bowl dish made with chicken, egg and onion in seasoned broth (made with soy sauce, mirin and dashi) and served over rice. Homemade miso soup will complete this meal.

Yoshimi Yamamoto-Derks 1 session
Fri Mar 15 10am-1pm \$64
Thu Mar 21 5:30-8:30pm \$64

Japanese Traditional Cuisine: Gyudon & Miso Soup NEW

Gyudon is a staple in Japanese cuisine. "Gyu" is beef and "don" refers to the type of bowl that rice is served in. Thinly sliced beef and tender onions are simmered in a savory-sweet sauce, and served over cooked rice. Learn how to prepare the sauce from scratch and make delicious Gyudon. Also learn how to make miso soup.

Yoshimi Yamamoto-Derks 1 session
Fri Apr 12 10am-1pm \$64
Thu Apr 18 5:30-8:30pm \$64

Finding Your Cup of Tea

Experience the rainbow of colors, tastes and scents of different kinds of tea. Learn how to brew for consistent flavor and appreciate various teas. Bring a teacup to sample different types of loose-leaf teas.

Shane Braverman 1 session
Sat Mar 23 10am-12pm \$39



All wine workshops are presented by Raymond Dickinson, owner of Brix Bottleshop. Must be 21 or older to attend. All workshops are 1 session each and meet on Wednesdays from 6-8pm.

Wine 101	Jan 17	\$64
Wines of Alsace France (advanced) NEW	Jan 31	\$74
Understanding Blind Tasting & Evaluation	Feb 7	\$64
Wines of Tuscany (advanced) NEW	Feb 21	\$74
Wines of Napa Valley (advanced) NEW	Mar 6	\$74
Wines of Veneto Italy (advanced) NEW	Mar 20	\$74
Wines of Beaujolais France (advanced) NEW	Apr 10	\$74
Celebrations of Global Orange and Rose Wines	Apr 24	\$64
Wines of French Mediterranean (advanced) NEW	May 8	\$74

HISTORY & INTERNATIONAL AFFAIRS

The History & Culture of Ireland

A lot of things about Ireland are small (its population is less than that of New York City). Yet no other small nation has influenced world history as much as Ireland. Combining stories, poetry, music, Irish language, literature and film, this course delves into Ireland's rich history and culture to show why this small nation is so special.

Jon Hatch 6 sessions
Tue Feb 13- Mar 19 6:30-8pm \$79

Chinese Global Strategy & What it Means for America

NEW

Chinese President Xi Jinping insists China simply wants a stable, prosperous multipolar world where countries follow their own path, free from outside interference and western ideas about universal democratic and human rights. But, in practice, does this boil down to a bid by the Chinese Communist Party to replace American global leadership with its own and upend the post-1945 international rules-based order? Explore this question and other issues related to the rise of China.

Peter Strasser 2 sessions
Thu Apr 4-11 6:30-8:30pm \$39

The Badger-Two Medicine: A Case Study of Public Lands in Montana

NEW

Explore the complexities of public land management in Montana through the lens of the Badger-Two Medicine, a sacred site to the Blackfeet Nation and a focal point of a 40-year struggle against oil and gas development. Delve into the past, present and future of public land management, examining the rights and roles of Tribal Nations, why public lands—especially national forest lands—are managed the way they are and the evolving landscape of public land policy. Become engaged citizens shaping the future of public lands in Montana.

Peter Metcalf 6 sessions
Mon Mar 4-Apr 8 7-8:30pm \$79

Montana's Vigilantes History

Montana began in a battle over gold. When there was no law, ruffians ruled and murder was tolerated except by a group of men who became known as the Vigilantes of Montana. They brought peace to the fledgling territory but were reviled in their own time and remain controversial to this day. Learn their story and if they really were the good guys or the bad guys. No class 3/25.

Carol Buchanan 8 sessions
Thu Mar 7-May 2 7-8:30 pm \$89

INDUSTRY TRAINING & CERTIFICATIONS

ServSafe® Food Safety for Managers Training & Certification Program

Learn what you need to know to pass the ServSafe Food Protection Manager Certification. The exam is part of the session.

Flathead City-County

Health Dept Staff		1 session
Thu Jan 18	8:30am-5pm	\$95
Thu Feb 29	8:30am-5pm	\$95
Tue Apr 2	8:30am-5pm	\$95
Thu May 9	8:30am-5pm	\$95
Tue Jun 18	8:30am-5pm	\$95

Thank you to McDonald's and the Flathead City-County Health Department for their sponsorship to keep the cost of this course low.



ServSafe® Food Safety Exam Proctoring

Visit fvcc.edu/testingcenter to schedule an appointment to take the exam. Questions? Email proctor@fvcc.edu.

Wildland Fire Safety Refresher (RT-130)

A required class for all fireline-going contractors and personnel. Review current safety issues including fire related accidents, injuries and fatalities from past years to emphasize the mitigation of hazards, and how to avoid and reduce risk including entrapments. Includes a review of fire shelter use. Students receive a course completion certificate.

Rick Trembath 1 session
Thu Mar 14 6-8pm \$35

Online Industry Training Courses

- Legal Aspects of Contracts \$145
 - Manufacturing Fundamentals \$115
- 6 weeks/24 hours - Register at ed2go.com/fvccce**

LANGUAGE & CULTURE

Spanish for Beginners

This class is meant for learners with little to no Spanish experience or for learners who might be traveling in the near future and would like some basic phrases. There is flexibility and differentiation for students who already have some Spanish skills they would like to build upon. No class 2/22.

Heidi Keaster-Blaize 6 sessions
Thu Feb 1-Mar 14 5:45-7:15pm \$74

Beginning Spanish Next Level

Focus on improving conversational skills through engaging activities and learning basic grammar concepts through book study in this mid-novice level class. Ideal for students who have taken at least one Spanish class or have some experience with Spanish or another romance language (French, Italian, Portuguese, Latin). Students will read Mira Canon's "El Capibara con Botas," a level 1 Spanish reader. No class 3/28.

Heidi Keaster-Blaize 6 sessions
Thu Mar 21-May 2 5:45-7:15pm \$74



American Sign Language

Explore the world of speaking with your hands in this introduction to American Sign Language. The course includes receptive and expressive fingerspelling, sign vocabulary, ASL structure, conversational behavior and various aspects of the Deaf culture. A textbook is required (by the second class), Talking With Your Hands, Listening With Your Eyes, by Gabriel Grayson. Teacher renewal units are available. No class 3/26.

Katie Halling 10 sessions
Tue Feb 6-Apr 16 6:30-8:30pm \$124

Japanese Language & Culture

Learn the Japanese alphabets, practical words and phrases for communicating in Japanese. Gain an understanding of the culture, customs and etiquette, and helpful phrases for communicating while traveling in Japan. Enjoy Japanese food and create Japanese traditional arts. No class 3/25. Last class meets on Tue, April 23 from 6-8:30pm.

Yoshimi Yamamoto-Derks 6 sessions
Mon Mar 11-Apr 15 6-8pm \$114

Introduction to Korean Language & Culture

NEW

Learn about Korean language and culture including the Korean alphabet, greetings and phrases. Enjoy Korean food during the last class.

Julie Lee 6 sessions
Wed Feb 21-Mar 27 6-8pm \$114

LEADERSHIP

JUMP START for Supervisors and Managers

Tuesdays, March 5-May 14 10am-12pm \$299 (No class 4/9 or 4/16)
Instructor: Allison McCarthy

"A leader's job is not to do the work for others; it's to help others figure out how to do it themselves, to get things done and to succeed beyond what they thought possible." - Simon Sinek

Transition to Supervising

Lay the groundwork for supervisory success by exploring different management styles, setting appropriate expectations and learning four habits that make a great boss.

Communication Tools

Learn how processing styles impact communication, practice listening and asking questions effectively, and understand the keys to talking like a performance coach.

Keys to Conflict Management

Discuss key elements of conflict resolution and consider multiple techniques for guiding contentious situations to positive outcomes.

A Culture of Accountability

Lead with accountability to clarify goals, establish expectations, build confidence and achieve your desired results.

Performance Coaching

Provide faster and more positive feedback to enhance employee skills and help them meet performance goals while finding their work rewarding.

Time Management

Focus on strategies to maximize your work time to feel productive and reduce stress including the art of delegation and recognizing time drains.

Taking Charge of Change

By understanding typical human reactions to change, reduce misunderstandings and anxiety, help employees accept changes more quickly and minimize decreased productivity.

Creating Strong Teams

Focus on steps that help the members of your team connect with each other and work more productively together.

Developing a Leadership Mindset

Broaden your perspective on how to create strategy, keep yourself sharp and visualize a profitable future for your organization.



Allison McCarthy brings a powerful combination of high energy and practical tools with overwhelmingly rave reviews both through her business and as an instructor for the FVCC Continuing Education Center. Allison began her career working for several large corporations in a variety of leadership positions. Since 1995, she has been running her own management and computer training business, having effectively instructed thousands of people on technical computer, interpersonal and management skills.

Courageous Leadership: Turning Principles into Practice

Leadership is easy. Being a leader is hard. It's all about investing time, discipline and compassion to help people be their natural best.

Instructor: Phil Quigley

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent." - Douglas MacArthur

Lead From the Front

Explore the accomplishments of courageous leaders who amplify the capabilities of others and help them perform at their natural best. Motivating people is more than promising status and money—it's about leading by example and demonstrating character in turbulent times. Learn how to apply the five exemplary practices of extraordinary leaders through a series of powerful simulations, role plays and experiential activities.

Wed Apr 3 2:30-4:30pm \$35

"You've Got This" Delegation Tool

With integrity, accountability and courage, apply a powerful delegation tool that helps bring out the natural best in people, boosts their confidence and self-regard, and delivers extraordinary results. Be a change maker who encourages innovative ideas and behavior.

Wed Apr 17 2:30-4:30pm \$35

Feedback or Feed Forward?

Studies show that among Millennials and Gen Zs, direct feedback is the most wanted developmental tool. Use Feed Forward coaching and mentoring to improve this group's performance and advance their careers. Learn how to request, give, receive and act on feedback, as well as specific practices that boost your reputation as a mentor and your credibility as a leader.

Wed Apr 24 2:30-4:30pm \$35

Build a High-Trust Culture

Culture is the bedrock of any organization, and trust is the ingredient that puts people first, aligns them with your mission, and produces exceptional results. Keep your best people with a safe, supportive and welcoming culture. Discover the "secret sauce" that characterizes the culture of the best places to work. See how your organization can build a trusting "I've got your back" culture that stresses growth, learning and well-being.

Wed May 8 2:30-4:30pm \$35

After college and five years in the United States Marine Corps, Phil Quigley served in key leadership roles with Atari and Yahoo!. Phil focuses on building courageous leaders at all levels of the organization and partners with frontline managers, business owners and startups to recruit, develop and retain top talent. Phil has hired and mentored leadership teams from Australia to Zambia, including assignments in Iraq, Dubai and Jordan. In the US, his clients include Macy's, Facebook, Yahoo!, Bank of America, Times of India North America, Parkside Credit Union, Montana Leisure and Hospitality Association, Impax Pharmaceuticals and Cloudera.



Personal & Organizational Effectiveness

Committed to helping businesses, agencies, and institutions integrate the human dimension with their organizational goals.

Instructor: Gerri King

"Gerri is a professional of the highest competence and integrity, and an absolute delight. It's no wonder that she's one of the most sought after and relied upon presenters." – Former Student

"She is unique in her ability to combine hard-hitting information with extraordinary humor and common sense." – Former Student

Managing Change

Change can be stressful, and stress is a main factor contributing to miscommunication, increased conflict, poor concentration and low productivity. While change is an inevitable part of life, organizations and individuals can remain effective and healthy by learning techniques for managing it. Learn skills required to help people process change with excitement, not threat.

Tue Mar 12 9am-12pm \$49

Why People Avoid or Sabotage Success

Being successful means continually striving for greater achievements and rewards. Though exciting and fulfilling, it is not unusual for most people to engage in "success avoidance" or "success sabotage," also called "fear of success." Explore success avoidance, outline its dynamics, and learn how to manage it.

Tue Mar 12 1-4pm \$49

Stress Management: Handling Interruptions and Unexpected Expectations

Stress is not the result of hard work, but of working hard and not accomplishing what you want to accomplish. Learn about the toll stress takes on professionals, the complicated dynamics of overwhelming expectations, and practical tools for handling interruptions and managing stress and burnout.

Wed Mar 13 9am-12pm \$49

The Duh! Approach To Management & Supervision: Dispelling Common Leadership Myths

Take time to assess and re-think your commonly held beliefs about effective leadership. Learn common sense leadership skills to immediately incorporate into your personal style that encourages high morale and productivity within your team. Based on Gerri's book by the same name.

Wed Mar 13 1-4pm \$49

Gerri King, Ph.D., a social psychologist and organizational consultant, works with educational, healthcare, corporate, industrial, non-profit, and governmental clients throughout the US and abroad. She is a founding partner and President of the consulting and counseling firm Human Dynamics Associates, Inc. of Concord, NH and is the author of The Duh! Book of Management and Supervision: Dispelling Common Leadership Myths. Dr. King facilitates staff and executive retreats, conflict resolution efforts, mergers and acquisitions, strategic planning sessions, and mission & vision development.



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MARKETING

Pricing and Marketing Your Art & Handmade Products

If you are an artist, chef, baker, craftsperson or create products to sell, this workshop is for you. Learn to develop a pricing formula unique to your business. Calculate costs by product type and determine profit margins and competitive pricing. Learn how to identify your audience and develop your brand to reach your target customer. Understand a typical marketing cycle to draw attention to your products and increase sales. Create specific marketing messages and learn how and when to use them.

Jan Shanahan 1 session
Sat Feb 17 10am-2pm \$65

Social Media Marketing NEW

In the age of digital marketing, selecting the right social media platform for your business is essential. Class begins with a high-level overview of the major social media platforms, including Facebook, Instagram, Twitter, LinkedIn, TikTok, and Pinterest, and delves into the statistics and best use cases for each platform to empower businesses to make informed decisions.

Conner Seyfert 1 session
Tue Feb 27 6-7pm \$30
Tue Apr 30 6-7pm \$30

Use AI to Build & Market Your Business (Zoom Only)

The era of artificial intelligence (AI) is here and more than a little intimidating. Demystify this new technology and learn practical ways to use AI to your business advantage. Explore various generative AI tools; discuss best practices and pitfalls to beware of; and then roll up your sleeves and use AI to create usable content and images for nearly anything your business needs.

Benj Burke 1 session
Thu Mar 7 6-8pm \$36
Wed May 15 6-8pm \$36

Small Business Marketing on a Shoestring

Discover how to use marketing tools big companies employ and create a personalized plan without clearing out your bank account.

6 weeks / 24 hours / \$129

Online course - register at ed2go.com/fvccce

MUSIC

Music Appreciation: Medieval through 20th Century

Explore the historical and stylistic development of music and composers in Western music from the Middle Ages, Renaissance, Baroque, Classical, Romantic, and the 20th Century. Learn to identify style characteristics, genres and composers from the various periods.

Misty Koyuncu 8 sessions
Thu Feb 8-Mar 28 6-8pm \$99

Women Composers of Classical Music

Discover prominent women composers of each musical era in conjunction with sociological and cultural factors that shaped the lifestyles of these women and the music they wrote and performed.

Misty Koyuncu 4 sessions
Tue Mar 5-26 6-8pm \$69

Beginning Ukulele NEW

Learn to play fun songs using chords, strums and music theory. Bring your own ukulele. For ages 16 and up. No class on 3/25.

Dee Fleming 6 sessions
Mon Mar 4-Apr 15 6:30-8pm \$74



Beginning Guitar I: Basic Chords

Learn basic chords, various types of strums, music theory and proper playing position on the guitar using fun, familiar melodies. Provide your own guitar.

Dee Fleming 6 sessions
Tue Feb 13-Mar 19 6:30-8pm \$79

Beginning Guitar I: Basic Note Reading

During this class learn simple note reading and playing in addition to chords and strums. Provide your own guitar.

Dee Fleming 6 sessions
Tue Apr 2-May 7 6:30-8pm \$79

Beginning Guitar II: Chords

Learn more advanced chords, various types of strums and music theory. You must be able to play seven chords to attend this class. Bring your own guitar.

Dee Fleming 6 sessions
Wed Feb 14-Mar 20 6:30-8pm \$79

Beginning Guitar II: Note Reading

During this class, learn how to play fun melodies, more advanced chords, various strums and music theory.

Dee Fleming 6 sessions
Wed Apr 3-May 8 6:30-8pm \$79

Intermediate Guitar: Chords

Learn intermediate chords, strums, riffs, finger picking techniques, scales, and music theory. Provide your own guitar.

Dee Fleming 6 sessions
Thu Feb 15-Mar 21 6:30-8pm \$79

Intermediate Guitar: Note Reading

During this class, learn note reading and playing, intermediate chords, strums, scales, and music theory. Provide your own guitar.

Dee Fleming 6 sessions
Thu Apr 4-May 9 6:30-8pm \$79

Community Orchestra

Play with professional musicians and learn a wide variety of music from classical to film score music to enhance your playing techniques and knowledge of music. Open to all instruments and ages 16 and up. No session 3/28.

Wai Mizutani/Leo Chen 14 sessions
Thu Jan 25-May 2 5-6:15pm \$124

Private Music Instruction

Learn from professional instructors as you build your skills and confidence to prepare for college-level music programs, ensembles, and orchestras. Musicians of all ages and levels develop their technique and talent in violin, fiddle, cello and piano during individual arranged music instruction. Thirty-minutes of private instruction for 14 weeks (Jan 23-May 3); dates and times arranged with instructor - \$280. Call 406.756.3832 or visit fvcc.edu/ContinuingEducation to learn more. No instruction Mar 25-29.

Don't delay – register today!

NONPROFIT DEVELOPMENT

Board Governance & Leadership

NEW

Do you serve as a chair, president, or other officer of a nonprofit board of directors or other governing body? This session goes beyond the essentials, focusing on how to recognize and shape board culture; best practices for board governance; supporting board engagement; thoughtful board recruitment; and effective meetings, delegation and accountability.

Ned Cooney **1 session**
Tue Mar 5 **5:30-8:30pm** **\$49**

I'm Expected to Fundraise—Help!

Board members are often expected to fundraise, yet asking for donations may be outside their comfort zone. This course outlines the role of Board members in fund development and effective Board governance and gives practical ways to help your 501(c)(3) nonprofit succeed and raise more funds.

Chany Ockert, Certified Fundraising Exec (CFRE) **2 sessions**
Tue Mar 12-19 **5:30-7:30pm** **\$65**

Writing Effective Grant Proposals (Online Course)

Learn to prepare grant proposals to get solid results for your favorite organization or charity.

6 weeks / 24 hours / \$135 each
Online course - register at ed2go.com/fvccce

Advanced Grant Proposal Writing (Online Course)

Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.

6 weeks / 24 hours / \$135 each
Online course - register at ed2go.com/fvccce

OUTDOOR ADVENTURES

The following classes are offered by the Flathead Avalanche Center. Classroom instruction occurs at FVCC and field instruction held at off-campus locations. More details available online.

Introduction to Avalanches

Get your hands in the snow and learn the essential concepts and practices for travel in avalanche-prone terrain, including how to read and apply the avalanche advisory. With an evening classroom session and eight-hour field day, this 11-hour course is an affordable entrance point for those who may not yet be ready for a Level 1, though not a prerequisite. Human Powered is designed for skiers and snowboarders.

Evening class meets 6-9pm and Sat field day from 8am-4pm.

Human Powered	Thu/Sat Jan 18-20	\$100
Human Powered for Ladies	Thu/Sat Feb 1-3	\$100
Motorized	Thu/Sat Feb 1-3	\$100
Human Powered	Thu/Sat Feb 22-24	\$100
Human Powered	Thu/Sat Mar 7-9	\$100

Partner Rescue

Be confident in your ability to rescue your backcountry partners in the event of an avalanche with this full-day introduction or refresher in strategic rescue techniques. Spend the morning rotating between stations for each piece of rescue gear: beacon, shovel and probe. In the afternoon, put your skills to the test with a mock companion rescue. These skills are perishable and important to practice each winter.

Human Powered Partner Rescue for Ladies	Sat Dec 16 8am-4pm	\$65
Motorized Partner Rescue	Sat Jan 6 8am-4pm	\$65
Human Powered Refresher	Sat Jan 13 8am-4pm	\$65
Human Powered Partner Rescue	Sat Feb 17 8am-4pm	\$65



Photo Credit: Austin Seback

Avalanche Fundamentals - Motorized Level 1

This course addresses more than rescue and awareness; it is essential for those who intentionally want to travel in or through avalanche terrain and want to learn how to work with a group to manage their avalanche risk. Instructors identify and focus on unique elements of motorized backcountry travel, focusing on snowmobilers' unique use of terrain, speed of travel and group communication. Using the AIARE Risk Management Framework, this course emphasizes riding time and covers topics such as avalanche rescue techniques and equipment; preparation, planning and execution of a backcountry ride based on avalanche conditions; how to track the season's snowpack and interpret an avalanche bulletin; avalanche terrain identification, hazard mitigation and safe travel techniques; and weather, snowpack and stability analysis.

No prerequisites. All ability levels. Must provide your own modern working avalanche transceiver, avalanche shovel (no plastic blades) and avalanche probe. Also must have your own registered snowmobile/snow bike in good working order. Two evening Zoom sessions; Sat & Sun are in the field (location to be determined).

Tue & Wed Jan 23-24	6-8pm	Zoom
Sat/Sun Jan 27-28	8am-4pm	\$400

Register online at
fvcc.edu/ContinuingEducation

The following classes are offered in partnership with Glacier Nordic Center. Classes meet at Glacier Nordic Center located at Whitefish Golf Course. Class fee includes a day pass and rentals for the lesson. Ski rental packages (skis, boots and poles) are available and can be reserved from the Glacier Nordic Shop at 406.862.9498. 1 session each.

**Cross-Country Skiing:
Beginner Classic Skiing**

Learn the basics of classic skiing on the groomed trails of the Glacier Nordic Center. Class led by Glacier Nordic Club instructors.
Sun Feb 11 10am-12:30pm \$60

**Cross Country Skiing:
Beginner Skate Skiing**

Build on fundamentals and fitness gained from classic skiing, ice skating or alpine skiing to get started in skate skiing. Class led by Glacier Nordic Club instructors.
Sun Feb 11 10am-12:30pm \$60

Tree Identification Made Easy

Knowing the native conifers and deciduous trees you see adds a lot to any outdoor experience, and learning to recognize them is easy. Class includes a pre-field trip Zoom presentation. Walking will be at an easy pace on uneven surfaces with a total distance of less than two miles. A field guide to Rocky Mountain trees, hand lens and notebook are optional.

Ellen Horowitz 1 session
Wed Apr 17 9am-2:30pm \$59
Thu Apr 25 9am-2:30pm \$59

Wildflower Identification Basics

Learn the non-technical approach to flower identification for a fun and efficient way to begin learning about plants. Class includes a pre-field trip Zoom presentation. Walking will be at an easy pace with a total distance of about two miles. A field guide to Rocky Mountain wildflowers, hand lens and notebook are optional.

Ellen Horowitz 1 session
Wed May 22 9am-12:30pm \$54



Fly Casting Techniques

Explore the fine points of basic casting from a Fly Fishing Federation-certified instructor. The grip, wrist stop and loop control are included.

Jerry Smalley 1 session
Wed May 1 6:30-8:30pm \$29
Tue May 7 6:30-8:30pm \$29



Photo Credit: Deborah Schatz

Horse Packing & Wildland Camping

Learn horse packing and backcountry camping skills using traditional manties and modern equipment in this hands-on class. Individual equipment is supplied for use in practicing, and a diagram booklet is included. The Back Country Horsemen of the Flathead are offering \$50 scholarships for those who enroll and attend ALL classes. Class attendance is important as skills and information builds on each class. Meets off campus.

Greg Schatz 6 sessions
Thu Mar 14-Apr 18 6-9pm \$139

The Wonder of Birds: Beginning to Intermediate Bird Identification

Learn about the behavior, form, function, value and conservation of birds including an in-depth look at several species native to Northwest Montana. Explore the identification of over 136 common birds by both sight and sound. Practice your skills on field trips and during a live birds of prey presentation. Field trip dates: 4/13, 5/11 and 5/18.

Denny Olson 11 sessions
Wed Apr 3-May 22 6:30-8:30pm \$199

The following classes are offered by Great Northern River Guides under a U.S. Forest Service permit. Meet at Great Northern Whitewater Rafting and Resort in West Glacier.

River Rafting: Oar Guiding Basics

Learn river running skills in oar-guided rafts and the fundamentals of safe boat handling. Discover the dynamics of moving water, how to read the river, choosing a route and maneuvering the boat around obstacles. 2 sessions

Sat/Sun Apr 27-28 9am-5pm \$325

River Rescue: Swiftwater Safety

Learn and practice accident prevention and rescue techniques. Develop skills for river emergencies. This course is designed for private boaters as well as professional river guides. 2 sessions

Sat/Sun May 4-5 9am-5pm \$325

PERSONAL ENRICHMENT

Mind Management NEW

Are you curious about human behavior – why we act, speak and behave the way we do? Learn where our behaviors, thoughts and emotions come from and how we can control and communicate them more efficiently. Discover the art of navigating adverse emotions like stress, anxiety and anger, transforming them into opportunities for improved relationships and personal growth.

Casey Corbett 6 sessions
Thu Feb 15-Mar 21 6:30-8:30pm \$124

Introduction to Comedy Improv

Learn the basic skills of comedy improvisation and banish nervousness. Develop your ability to be present in the moment, react sincerely, and build competence in your conversations. Final presentation on 4/19. No class on 3/25.

Jack Andenoro 7 sessions
Mon Feb 26-Apr 15 6:30-8:30pm \$99

Enhance Your Critical Thinking Skills

We're bombarded daily with opposing claims. How can we evaluate their legitimacy? Learn to improve your cognitive skills to separate the emotional from the reasoning elements of issues and evaluate both your own and others' positions. Learn a process for effectively asking critical questions and develop an integrated series of question-asking skills

Bruce Bartlett 4 sessions
Thu Feb 8-29 6-8pm \$69

PHOTOGRAPHY & PHOTO EDITING

Beginning Digital Photography

Want to be able to capture something you see or have a new camera and don't know where to start? Learn the basics of photography and become familiar with camera settings, functions and basic controls. Understand how ISO speed, shutter and aperture work together for exposure.

John Manuwal 6 sessions
Tue Feb 6-Mar 12 7-9pm \$99

Fun with Film

Learn the basic controls and functions of cameras and how to process your own film. Understand how film speed, shutter and aperture work together for exposure. Learn the different options of film stocks and printing options available.

John Manuwal 6 sessions
Thu Feb 8-Mar 14 7-9pm \$99

Digital Cameras: Get Off Auto

Understand what your different camera settings do and when to use them. Bring your own digital camera with your instruction CD or manual, charged battery and memory card.

Marita Combs 1 session
Thu Feb 22 1-5pm \$65
Thu Apr 25 1-5pm \$65



Adobe Photoshop Elements

Photoshop Elements is a great tool for users on a budget or professionals who don't have complex editing demands. Learn basic tools to enhance and manipulate photos. Course is taught on the Creative Cloud (CC) subscription-based online version, but content is applicable with versions 12-14. Campus computer and images provided.

Marita Combs 1 session
Wed Mar 6 5-9pm \$65

Resizing Images for Print & Web

Learn how to print high-quality pieces, optimize images for the web, and a few technical basics to save time and get the best result. Recommended prerequisite for WordPress - Easy Website Design.

Marita Combs 1 session
Wed Feb 21 6-7:30pm \$39

Adobe LightRoom

Learn how to import pictures into Adobe Lightroom and Adobe Lightroom Classic, and how these products help you organize, edit, print, post and share your photos. Basic knowledge of a camera including how to export your photos is required. Please bring some of your photos on a USB drive or SD card, or bring your camera and a USB cable.

Shannon Hanson 2 sessions
Thu Feb 22-29 6-8pm \$65

PROJECT MANAGEMENT

Project managers are in high-demand, and this project management series prepares you with the content and understanding needed to get your project management certification. Take all three workshops to be eligible to sit for the Project Management Professional (PMP®) exam.

PMP® Certification Preview (Zoom Only)

Learn the value of the Project Management Professional (PMP®) certification, what it entails, and how it can benefit both you personally as well as your organization.

Ashleigh Clark 1 session
Thu Mar 21 11am-12pm Free

Essentials of Project Management NEW

Develop your productivity and management skills in this two-day class led by a certified project management professional (PMP). Learn how to deliver projects in the real world as you explore topics such as project initiating, estimating, risk management, project life cycles, work breakdown structure and more.

Ashleigh Clark 2 sessions
Thu Apr 11-18 9am-5pm \$349

Advanced Project Management NEW

Continue your project management training with advanced topics including earned value, procurement management, stakeholder relationship management, quality management and team leadership. This two-day course helps project managers improve project outcomes and successfully deliver complex projects.

Ashleigh Clark 2 sessions
Thu May 2-9 9am-5pm \$349

Project Management Certification Exam Prep NEW

This course guides you through the final steps before you take the certification exam. Learn how to best prepare, study and utilize practice exams. PMP® Exam Prep, 11th Edition by Rita Mulcahy is included in course fee.

Ashleigh Clark 1 session
Thu May 16 9am-5pm \$239

SCIENCE & TECHNOLOGY

Survival Solar: DIY Off-Grid Ammo Can Power System NEW

Harness the power of the sun to create a portable and versatile solar-powered battery system. Learn the basics of photovoltaics, wiring and safety as you assemble the components including solar panels, charge controller and batteries. Leave with your own power system enclosed in an ammo can, ready to charge your devices and power lights wherever you go. All materials provided.

Will Richards 3 sessions
Wed Feb 14-28 6-8:30pm \$399

Crime Scene Investigation Myth vs Fact CSI (Zoom Only)

Learn about crimes and other forensic evidence from a 35 years' experienced forensic scientist and examiner from King County Sheriff's Office (Seattle, WA) as you work through several real crime scenes, including homicides and robberies. Class is interactive with hands-on evidence exercises. PLEASE NOTE: This class includes some graphic content. Participants must be at least 18 years old.

Lynne Dean 1 session
Thu Feb 15 6-9pm \$34

Montana Skies in the Spring

Discuss what we see in the sky and why we see what we see. Learn about moon phases, solar/lunar eclipse, comets, meteors, telescopes satellites, planets, constellations and the International Space Station.

Don Bumgarner 3 sessions
Tue Mar 19-Apr 2 7-9pm \$54

Canva: Where Creativity Clicks NEW

Learn, create and elevate your design game effortlessly with Canva's dynamic platform! Discover the power of Canva, a user-friendly, web-based software full of graphic design support. Navigate intuitive tools, design principles and practical applications.

Morgan Ray 1 session
Wed Mar 13 1-3pm \$29
Wed Mar 20 5:30-7:30pm \$29

Artificial Intelligence: Navigating Safely and Using Responsibly NEW

Learn to safely navigate the world of AI with lots of hands-on learning. Uncover potential and risks while distinguishing fact from fiction. Discuss responsible AI application and techniques to confidently use this powerful tool.

Morgan Ray 3 sessions
Thu Apr 11-25 5:30-7:30pm \$59

VETERANS UPWARD BOUND

Veterans Upward Bound is a Department of Education program designed to help military veterans refresh their academic skills to successfully complete postsecondary education. Classes can also help veterans who seek to build personal skills. Services and classes are free to eligible veterans.

Intro to Computers

Gain a comprehensive understanding of the Windows 10 operating system and Microsoft Office 2019 including word processing, spreadsheets and presentation programs. Learn how to store data, manage files and folders and effectively use the internet. Build your keyboarding skills, increase your knowledge in formatting and learn how to set up simple reports.

Amelia Ward 9 sessions
Tue/Thu Apr 2-30 5-7pm Free

Intro to College Math & Algebra

Review basic math skills and receive an introduction to algebraic concepts. Learn mathematical symbols and vocabulary and how to use a graphing calculator. Using an online homework platform, apply these tools to functions and graphing concepts that are critical to success in college-level math classes.

Alan Styles 9 sessions
Tue/Thu Apr 2-30 3-5pm Free

Intro to College Writing & Grammar Review

Learn the rules of English grammar, sentence structure and mechanics. Become familiar with the steps in the writing process and move through writing effective paragraphs. Learn citation techniques for research papers and begin a research paper process.

Hannah Kauffman 9 sessions
Mon/Wed Apr 1-29 3-5pm Free

For more information or to register, please contact the Center for Veterans Education and Training Services at 877.356.8387(VETS) or visit vubmt.com.

Free tuition scholarships for many additional non-credit classes are available for first time participants.

WRITING**The Trailhead: The Craft of Nature Writing**

Writing is a fun and meaningful way to deepen your connection to the natural world. This introductory course is a survey of contemporary nature writing designed to teach ways to turn interactions with nature into powerful stories. We'll read different types of nature writing and then workshop our own essays. Writers of all backgrounds and experience are welcome. No class 3/26.

Maggie Doherty 8 sessions
Tue Feb 6-Apr 2 11am-1pm \$124

Explore Creative Writing

Have you ever wanted to write creatively but wondered what to write about and how to even begin? With fun and interesting prompts, supportive fellow writers, and the freedom to create, getting started is easier than you think.

Kathy Dunnehoff 6 sessions
Tue Jan 30-Mar 5 11am-1pm \$89

Advanced Creative Writing Workshop

For writers who have taken Explore Creative Writing or have had workshop experience, let's dig into your opening chapters. With feedback and revision guidance, take your writing to the next level. No class 3/26.

Kathy Dunnehoff 7 sessions
Tue Mar 12-Apr 30 11am-1pm \$89

The Artist's Way: A Short Course

Join this class for a guided walk through the highlights of Julia Cameron's "The Artist's Way" and recover or discover your creative self. The book, "The Artist's Way," is required.

Kathy Dunnehoff 6 sessions
Wed May 15-Jun 19 11am-1pm \$89

Grammar Refresher

Often when we write, we know what sounds and looks right without understanding why. Take this course and remember the "why" of grammar. Leave with practical and easy-to-remember rules for checking and correcting sentences, verb agreement, commas, colons and semicolons.

Kathy Dunnehoff 1 session
Mon Jan 29 8-9am \$30
Mon Jan 29 5:30-6:30pm \$30

10 Ways to Polish Your Professional Writing

Whether you're writing emails, reports, social media posts, or grants, there are easy ways to up your game. Learn ten ways to make your writing professional and effective.

Kathy Dunnehoff 1 session
Wed Jan 31 12-1pm \$30

Scrivener Writing Software

Scrivener is a versatile writing software that goes beyond basic word processing, allowing you to organize your work, manage research notes, add images and output your writing in various formats. A free 30-day trial is available through the publisher, Literature and Latte. Install this to coincide with the class so you can practice at home between sessions. The free trial version is not iOS compatible.

Shannon Hanson 4 sessions
Thu Mar 14-Apr 4 5:30-7:30pm \$125

YOUTH**Safe Sitter® Essentials with CPR**

Learn the essentials required to be a safe and successful sitter. This one-day training workshop prepares students to safely watch younger siblings or babysit and covers a number of safety issues including how to handle emergencies, choking safety, first aid and CPR, as well as basic child development and behavior management. Bring a lunch for a short break. Grades 5-8

Racheal Vargas 1 session
Sat Feb 10 9am-3:30pm \$79

Youth String Ensemble/Orchestra

Experience pre-professional training with other young musicians through the performance of selected pieces. At least one year of experience and the ability to sight read is required. Violin, viola, cello, and bass players welcome. Bring your own instrument. No lesson 3/26.

Leo Chen 14 sessions
Tue Jan 23-Apr 30 4-4:45pm \$129

Beginning Piano Group Instruction

This group instruction provides students (ages 6-14) an opportunity to learn the basics of piano, prepare for the dynamics of performing opportunities and perform with fellow students. Prospective students must contact the instructor, Megan Lubitz, meganicole9@yahoo.com prior to registering. Keyboards provided.

Megan Lubitz 14 sessions
Mon Jan 22-May 6 5:30-6:15pm \$129

FREE COMMUNITY LECTURES



Photos Credit: Lori Roberts

Landscape Dynamics of Apex Carnivores: Understanding Montana's Wolves & Grizzly Bears

Join two experienced Montana FWP biologists for an informative talk on wolves and grizzlies. Learn about the ecology and behavior of these apex carnivores, their role in the Montana ecosystem and how to safely coexist with them on our shared landscapes. Discover the challenges and triumphs of wolf and grizzly conservation in Montana, and gain insights into the ongoing efforts to manage these iconic species.

Tue Mar 5 **6-8pm** **Arts & Tech Bldg, 139**

The History of Wildland Fire in NW Montana

Join for a picture-based presentation featuring area wildfire history and influences from pre-European native American times to recent wildfire events. Learn from historic fire to better anticipate future fire from a FVCC Forest Fire Management Instructor with 56 years of wildland fire experience.

Thu Feb 22 **6-8pm** **Arts & Tech Bldg, 144**

Safe & Effective Pile Burning

Discuss disposal of forest debris resulting from fuels reduction, forest management projects, or simple yard clean up. Become more familiar with how and where to construct, and how to safely and effectively burn piles, as well as burn permit requirements and air quality regulations. Hosted by FireSafe Flathead and Montana DNRC.

Thu Mar 7 **6-8pm** **Arts & Tech Bldg, 144**



Photos Credit: Wendy Cole

Mysterious Mesocarnivores in the Flathead National Forest: An Introduction to Montana's Lynx, Wolverine, Marten & Fisher

Grizzly bears, wolves and mountain lions may have all the charisma and name-recognition, but mid-sized forest carnivores are an amazing part of our ecosystem. Come learn about monitoring efforts and status updates on these elusive animals and why their presence is critical to a healthy Flathead National Forest.

Tue Feb 27 **6-8pm** **Arts & Tech Bldg, 139**

The Montana Dinosaur Trail: A Guided Tour of the Unofficial Dinosaur State

Did you know that Montana has a dinosaur trail? Everyone has heard of or visited the Museum of the Rockies, but that is only the tip of the iceberg for Montana's dino destinations. Come learn about all the 14 stops and the amazing animals you'll meet along the way. Learn about the T-Rex, Gorgosaurus, Maiasaura, Albertosaurus and more as you move across the Big Sky state and uncover fascinating facts about the geology, recent discoveries and how you can experience Montana's paleontology treasures yourself.

Tue Apr 9 **6-8pm** **Arts & Tech Bldg, 139**

Evening of Artmaking

Join Montana art therapists for a colorful discussion about the profession of art therapy, how to become a licensed and board-certified art therapist and what to expect from an art therapy session. Facilitating art therapist Allyson Norwood Bush offers prompts to inspire the creative process with gentle curiosity and self-acceptance. While this is not an art therapy group, use the art materials provided to explore your own expressive process. No experience necessary.

Thu Mar 14 **6-8pm** **Arts & Tech Bldg, 139**



SAVE THE DATE

Senior Institute 2024

Fridays, Feb 16-Mar 22 | 12-3:05pm
Tuition and fees include lunch program, 12-12:50pm
Classes meet 1-3:05pm

Senior Institute at FVCC is for community members 65+ who are excited to continue their lifelong learning through exploring new ideas and building new relationships.

Take a returning favorite like Watercolor for Seniors and Birds of Northwest Montana or explore exciting new topics in history and psychology.

Registration begins February 1.

Registration forms will be available in early January. For more information on registration and to apply, visit fvcc.edu/SeniorInstitute or call 406.756.3366.

We look forward to seeing you on campus this spring!

SELF-PACED
TUTORIAL
ONLINE COURSES



These **high-quality online courses** let you learn at your own pace and are designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient, and highly interactive.

- Twelve Steps to a Successful Job Search
- Introduction to SQL
- Medical Terminology:
A Word Association Approach
- Introduction to Microsoft Excel 2016
- Human Anatomy and Physiology
- Grammar Refresher
- A to Z Grant Writing
- Accounting Fundamentals
- Project Management Fundamentals
- Speed Spanish
- Certificate in Food, Nutrition, and Health
- Keyboarding
- Explore a Career in Medical Coding
- Introduction to Natural Health and Healing
- Discover Sign Language
- Creating WordPress Websites
- Computer Skills for the Workplace
- Administrative Assistant Fundamentals
- Understanding Adolescents
- Certificate in Gerontology
- Medical Math
- Spanish For Medical Professionals
- Fundamentals of Supervision and Management
- Stocks, Bonds, and Investing: Oh, My!
- Achieving Success with Difficult People
- Real Estate Investing
- Write Fiction Like a Pro
- Keys to Effective Communication
- Using Social Media in Business
- Introduction to Microsoft Excel
- Personal Finance

Many other online Self-Paced Tutorials are available, click the link below to browse all of our courses. Be sure to look for Self-Paced Tutorial in the name of the course, as many have an instructor-led version.

Instructor-led classes begin on **January 17 | February 14 | March 19 | April 17 | May 15**

*24/7 Access • Start course at any time • Certificate of completion
3 Month access • Work at your own speed • Discussion boards • Mobile accessible*

Enroll, learn more, or view all our Self-Paced Tutorial online courses at:

ed2go.com/fvccce

Flathead Valley Community College

Continuing Education

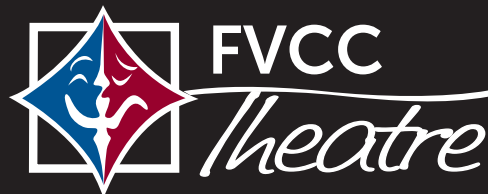
777 Grandview Drive, Kalispell, MT 59901
406.756.3832 fvcc.edu ceinfo@fvcc.edu

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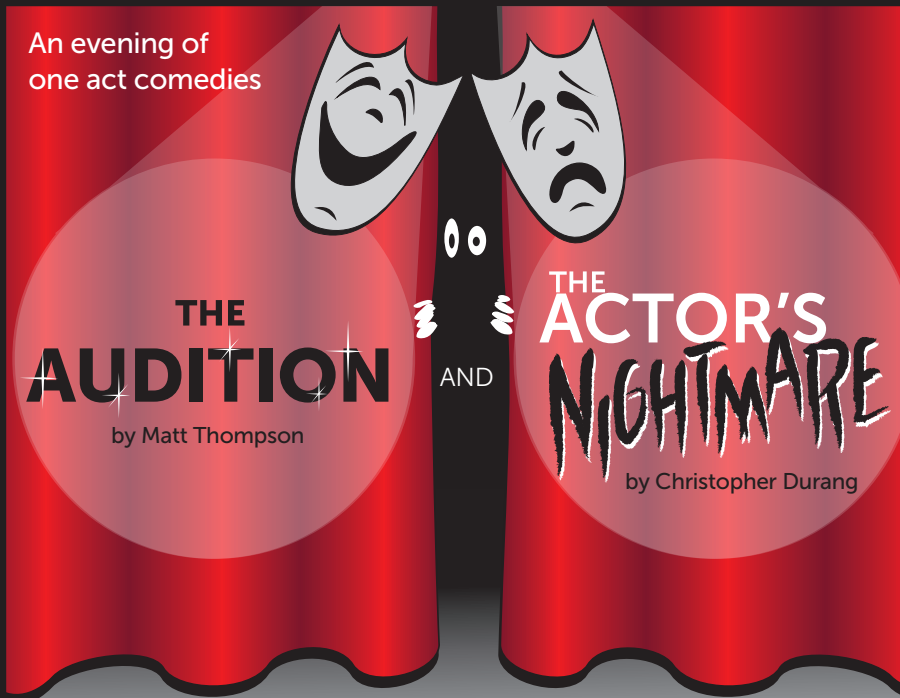
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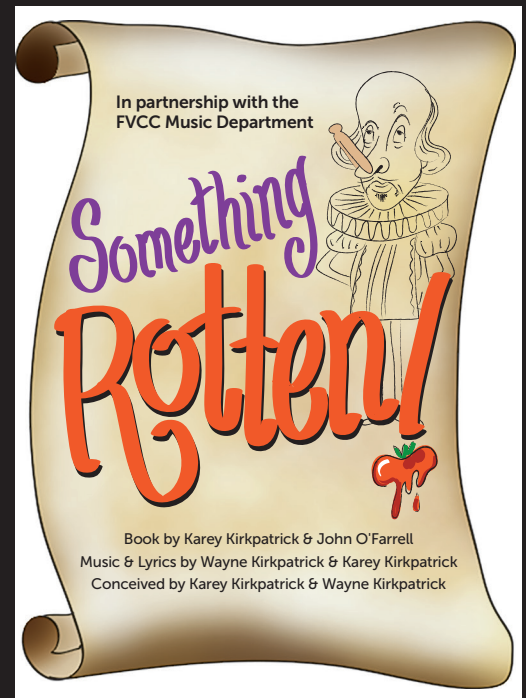
Coming to FVCC's Joe Legate Black Box Theatre This Spring



presents



February 1-3 and 8-10 | 7pm



April 18-20 and 25-27 | 7pm

Watch for tickets coming soon to fvcc.edu/theatre.