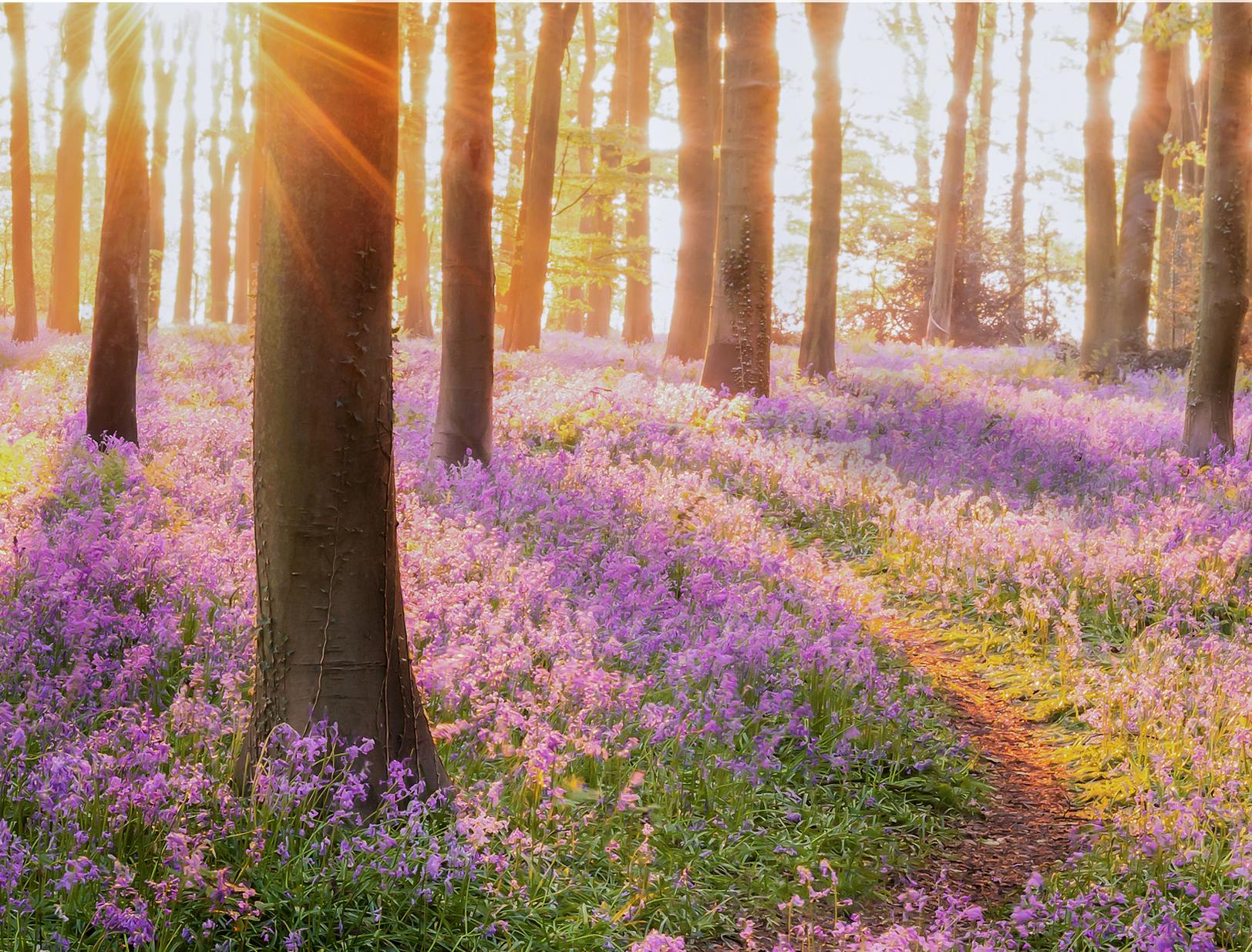




# CONTINUING EDUCATION AND FACULTY OF EXTENSION

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*Spring and Summer Offerings 2019*





# Welcome

Through continuing education programming, Northeastern Albertans continue to receive exceptional learning opportunities.

Our vision for continuing education is to:

- be relevant, timely and responsive to the needs of our communities,
- provide a variety of training products,
- deliver training to assist College programs to grow and prosper, and
- be conscientiously priced.

If you are looking to improve work skills, renew a certification or take a general interest course, our instructors are ready to meet you.

Don't see what you need listed in this catalogue to meet your needs? Please contact our Continuing Education Department as we are experts at developing customized training.

Discover what Portage College continuing education has to offer you.

Guy Gervais  
*Vice President Academic*



## Custom training that fits **your needs.**

---

We recognize the importance of staying relevant in times of change and growth. Continuous learning provides employees with the skills and job satisfaction they need to excel, improving productivity and the bottom line. We can work with your company and/or community to provide the necessary training that suits the needs of your groups.

### We also develop courses from scratch:

- Career Planning and Directions
- Cultural Awareness
- Diversity Awareness
- Drug and Alcohol Awareness
- Healthy Futures for Women
- Hospitality
- Job Skills and Computer Orientation
- Life Management Skills
- National Food Safety Certification
- Personal Identity, Growth and Management
- Various Safety and Driver Training

Our staff are dedicated to providing innovative solutions for your professional development needs.

Contact us at 1-888-745-0719 or [training@portagecollege.ca](mailto:training@portagecollege.ca).



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*Please note: Prices, dates and courses are subject to change without notice.*

# Why Portage?

At Portage College, we believe in empowerment. We've seen people of all ages and backgrounds grow spiritually, physically, mentally and emotionally through education.

Since 1968, we've played an integral role across rural Alberta in building successful, vibrant communities. From our origins as Alberta NewStart in Lac La Biche, offering courses like academic upgrading, trapping, wild fur management and oilfield management, to our current state of seven campuses and over thirty certificate, diploma and university studies programs. Our involvement has always been geared to meeting the needs of the communities we serve.

Portage College takes great pride in empowering small communities. With a small, dedicated staff, we're highly focused on providing our students with exceptional learning experiences.

*Please note: Online courses are offered daily but students must register a minimum of 24 hours in advance.*

## THE PORTAGE COLLEGE TEAM

Our team of professional instructors and support staff are highly experienced in providing education that meets or exceeds your needs. They are well-versed in modern teaching methods and passionate about the subjects they instruct.

## HOW DO I REGISTER FOR A COURSE?

Give our friendly staff a call toll-free at 1-888-745-0719 or visit our website at [portagecollege.ca](http://portagecollege.ca).



## STAY UP-TO-DATE!

Be the first to hear about what's going on in Continuing Education. Follow us on social media @PortageConEd.



# FOOD SCIENCES

Easily increase your production

# CENTRE OF

Produce your product in a certified facility

# SPECIALIZATION

Access to experts and resources



## YOUR CREATIONS, OUR FACILITY

Our facility is open to the public and provides the opportunity for you to transform your culinary ideas into a marketable product. From processing to packaging, we've got the resources to help you increase your productivity. Schedule a custom tour to see what we have to offer.

Four speciality labs available:

### BAKERY LAB

Single rotary rack oven, donut fryer, bread slicer, bun rounder, 60 qt. upright mixer, sheeter molder and reversible sheeter.

### KETTLE LINE LAB

40 gallon steam kettle, 48" gas ranges, 24" griddle and convection oven, vegetable washer, vegetable peeler and commercial juicer.

### MEAT PROCESSING LAB

Band saw, grinder, meat slicer, vacuum tumbler, poultry saws, meat chopper, flash freezer and a 300 lb capacity smoker.

### PACKAGING LAB

Twin head vacuum sealer and dry auger filler.

Need office space to grow your business? Rentals available for \$135/month!

For more information or to lease a lab, call 780-614-6327 or toll-free 1-866-623-5551. Located at our St. Paul Campus. [portagecollege.ca](http://portagecollege.ca)



 PORTAGE  
COLLEGE

*Cold Lake*





## CUSTOM TRAINING

### Money... you work for it, but does it work for you?

Financial literacy is the first step in conquering the stress of personal money management. Tap into 35 years of financial service experience in this interactive course designed to help you manage risk and achieve financial security.

**Dates** | May 28–29, 2019

**Time** | 7:00 – 9:00 P.M.

**Cost** | \$40 each or \$70 with a partner

## DRIVER TRAINING

### Airbrake 'Q' Endorsement

This course covers provincially mandated requirements for operating a vehicle equipped with an air brake system. Students learn how the air brakes system is maintained and operated in the most effective manner. They also learn to inspect and adjust air brake components of the brake system ensuring road worthiness. This course consists of classroom and practical training.

**Dates** | April 13–14, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$250

### Truck Transport Class I/III

This program is a comprehensive heavy truck driver-training program which will provide skills necessary for participants to gain employment as drivers or owner operators. It provides practical training in the operation of a tractor-type truck and trailer. Students advance through a series of practical exercises involving rural and urban traffic circuits under actual driving conditions.

*\*Effective March 1, 2019 Portage College will be instructing the new Alberta Mandatory Entry Level (MELT) for Commercial Drivers course.*

**Dates** | April 11–30 and June 6–30, 2019

**Time** | 8:30 A.M. – 4:30 P.M. (theory portion)

**Cost** | Contact Continuing Education Department for cost

The image shows the exterior of a brick building with the name 'PORTAGE COLLEGE' mounted on the wall. In the foreground, there are out-of-focus green leaves and purple and white flowers. To the right, there is a 'NO SKATEBOARDING' sign and a smaller sign with illegible text.

PORTAGE COLLEGE

Lac La Biche

# BE FIT FOR LIFE

All Be Fit for Life classes are free for Portage College students (based on availability).



## BellyFit

Learn to move your hips with the exotic rhythms of Bellydance, Bollywood, Bhanghra and African inspired cardio workouts. Finish with a blend of yoga and Pilates to bring mindfulness and balance to the body.

*\*With Kelsey Scott*

**Dates** | May 1–29, 2019

**Days/Time** | Wednesdays / 5:00 – 5:45 P.M.

**Cost** | \$45 Session Fee or Drop-In

## BUFF Yoga

Get 'buff' while improving your flexibility, balance, and muscular strength and endurance with a combination of yoga poses and light dumbbell exercises. Great for beginners!

**Dates** | May 2–30, 2019 (no class on May 9, 2019)

**Days/Time** | Thursdays / 12:15 – 12:45 P.M.

**Cost** | \$25 Session Fee or Punch Pass or Drop-In

## KinderSteps

This program for kids aged 3–6 is designed to explore musicality, a variety of dance fundamentals and helps kids develop confidence in movement and mime. Students will learn foundational skills such as skipping, galloping, jumping, turning, balancing, pointing, stretching and more!

*\*With Kelsey Scott*

**Dates** | April 29 – June 24, 2019 (no class on May 20, 2019)

**Days/Time** | Mondays / 5:00 – 5:45 P.M.

**Cost** | \$80 Session Fee

## Rise & Glide

Energize your day with this early morning indoor cycle workout with speed drills, hill climbing, tempo and interval training. Plus, get on and off your bike for intervals of gliding disc exercises that will complete your workout!

**Dates** | April 29 – May 27, 2019 (no class on May 20, 2019)

**Days/Time** | Mondays and Wednesdays / 7:00 – 7:45 A.M.

**Cost** | \$80 Session Fee or Drop-In or Punch Pass

## SPRING FITNESS CLASS OPTIONS

### Punch Pass

1. \$120 for a 10–class pass
2. \$200 for a 20–class pass
3. \$70 for a NOON 10–class pass

### Drop-in

- \$12 for 45 minutes
- \$10 for 30 minutes

For more information or to register, call 780-623-5542 or email [deb.menard@portagecollege.ca](mailto:deb.menard@portagecollege.ca).

## STEP +ST

Get results without stressing your joints with low-impact cardio and bodyweight suspension training! Keeping it simple with basic patterns on the STEP and intervals of muscular strength and endurance with the suspension trainer, your body will love it!

**Dates** | April 30 – May 28, 2019

**Days/Time** | Tuesdays / 7:00 – 7:45 A.M.

**Cost** | \$40 Session Fee or Drop-In or Punch Pass

### Take it Outside!

It's time to get outside and get some fresh air for this full-body metabolic training workout. Challenge yourself with this bigger outdoor space (on soccer field adjacent the pool) and take your strength training and cardiovascular conditioning to a new level! BONUS – there will be time for fun and games!

**Dates** | May 2–30, 2019 (no class on May 9, 2019)

**Days/Time** | Thursdays / 7:00 – 7:45 A.M.

**Cost** | \$30 Session Fee or Punch Pass or Drop-In

## ToneXpress

Get 30 non-stop minutes of total body muscle toning with this effective express workout utilizing bodyweight and portable equipment. Progressions and options shown for any level of fitness!

**Dates** | April 30 – May 28, 2019

**Days/Time** | Tuesdays / 12:15 – 12:45 P.M.

**Cost** | \$30 Session Fee or Punch Pass or Drop-In



# CUSTOM TRAINING

## Diversity Awareness

This online introductory course is designed to allow the learner to develop an appreciation of the value of diversity within our culture. A unique combination of video and animation sets the path of exploration through a fictitious company. The interactive learning environment is designed for learner engagement and participation.

**Dates** | Ongoing

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$50





## DRIVER TRAINING

### Airbrake 'Q' Endorsement

This course covers provincially mandated requirements for operating a vehicle equipped with an air brake system. Students learn how the air brakes system is maintained and operated in the most effective manner. They also learn to inspect and adjust air brake components of the brake system ensuring road worthiness. This course consists of classroom and practical training.

**Dates** | May 7–8, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$250

### Truck Transport Class I/III

This program is a comprehensive heavy truck driver-training program which will provide skills necessary for participants to gain employment as drivers or owner operators. It provides practical training in the operation of a tractor-type truck and trailer. Students advance through a series of practical exercises involving rural and urban traffic circuits under actual driving conditions.

*\*Effective March 1, 2019 Portage College is instructing the new Alberta Mandatory Entry Level (MELT) for Commercial Drivers course.*

**Dates** | May 7–29, 2019

**Time** | 8:30 A.M. – 4:30 P.M. (theory portion)

**Cost** | Contact Continuing Education Department for cost

# ENVIRONMENTAL AND NATURAL RESOURCES

## Plant Identification for Wetland Assessment in Alberta

This course provides an introduction or refresher to the identification of wetland plants in Alberta. With an emphasis on indicator species used in the Alberta Wetland Classification System in parkland and boreal Alberta, this course will provide many unique and valuable resources to help with plant identification and its use in wetland classification. It will include an online introduction, a classroom component, and practicing identifications in the field and lab. Students will have the opportunity to practice in all of Alberta's wetland classes, including bogs, fens, swamps, marshes and shallow open water systems.

**Dates** | June 27–29, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$400 plus accommodations, which can be in the dorms for an additional \$35/night. Bagged lunches provided for two field days.



# HEALTH AND WELLNESS

## Applied Suicide Intervention Skills Training (ASIST)

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide. Working mostly in small groups of one to 15 students, ASIST uses many different teaching processes to create a practice-oriented and interactive learning experience. This course is eligible for advanced credit in the Community Social Work Diploma program. All sessions in Alberta are coordinated by a Centre for Suicide Prevention certified trainer.

**Dates** | April 8–9, 2019

**Days/Time** | Thursday–Friday / 8:30 A.M. – 4:30 P.M.

**Cost** | \$200 + GST



## International Trauma Life Support (ITLS) Provider — Advanced or Basic

ITLS is intended for providers who evaluate and stabilize the trauma patient. This course provides training in the skills needed for rapid assessment, resuscitation, stabilization and transportation of trauma patients. The ITLS Advanced course builds on this knowledge, emphasizing evaluation steps and sequencing as well as techniques for resuscitating and packaging patients. Practice skill stations include: rapid trauma patient assessment and management, basic and advanced airway management, needle chest decompression and fluid resuscitation, spinal motion restriction as well as extremity immobilization and traction splint application.

### ***ITLS Provider Prerequisites (students must provide proof of profession on the first day of the course):***

*Current registration as a healthcare professional including physicians, physician assistants, MFR, EMR, PCP, ACP, nurses, MQL5 or other allied health professional that holds suitable qualifications for entry.*

**Dates** | May 11–12, 2019

**Time** | 8:00 A.M. – 5:00 P.M. each day (one hour lunch break)

**Cost** | \$425 + manual + GST

*\*Renewal course is available during the second day of the above mentioned two-day course (one day renewal course). Renewal course participants should have a current ITLS Provider card (Basic or Advanced).*

*Renewal course is \$325 + manual + GST.*



# SAFETY TRAINING

## Aerial Platform Operations

Students learn safe operation, pre-operation inspection, regulatory requirements and general maintenance of an aerial work platform. Equipment used may include scissor lifts and/or boom lift reaching heights up to and including 150 feet. This six to eight hour course includes a theory portion as well as a practical evaluation.

**Date** | May 10, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$200

## Bear Awareness

Bear Awareness is a course that focuses on North American bear types. The primary focus is to learn how to coexist successfully with these animals.

**Date** | May 3, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$115

## Construction Safety Training System (CSTS)

This course is designed for the individual worker and is offered only through eLearning. The training is divided into separate modules that can be completed at your own pace, and the full program takes on average 6-8 hours to complete. This course gives a basic overview of various health and safety topics, and students are tested for 100% mastery of content.

**Dates** | Ongoing

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$100

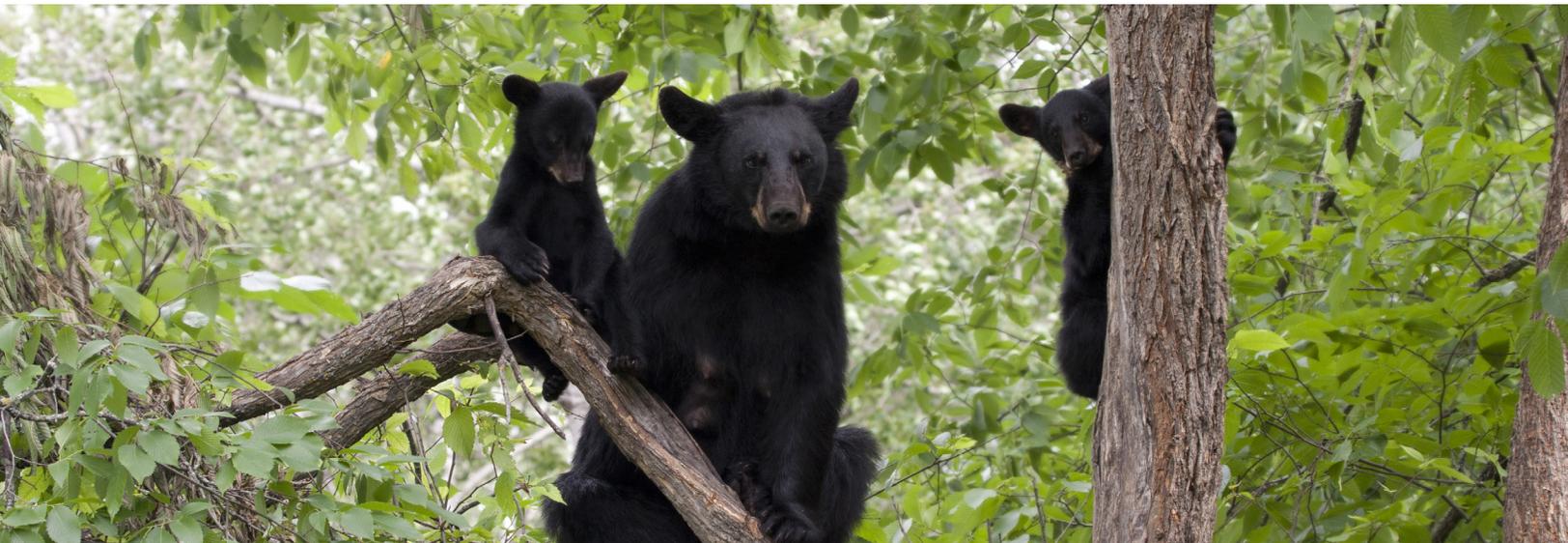
## Fall Protection

This full day course is developed by Fall Protection Group and is accredited by the Oil Sands Safety Association (OSSA). The course focuses on understanding the use of fall protection options relative to what you do at various heights. You will better identify which fall protection options may best meet your needs, given the tools and knowledge to work safely.

**Date** | May 16, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$175





### Forklift Operator

In this course, we will discuss the importance of safe operation and responsibilities of a professional forklift operator, and the skills and techniques you can use to ensure safe operation and incident prevention.

**Dates** | April 26 and June 21, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$200

### H2S Alive

This course is designed for any worker who may be exposed to H<sub>2</sub>S. It teaches individuals how to work safely in and around Hydrogen Sulphide (H<sub>2</sub>S) environments.

**Dates** | May 2 and June 6, 2019

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$170

### Pipeline Construction Safety Training (PCST)

This eLearning course is designed to guide the user through the safety factor encountered during the pipeline construction process. The course contains 13 topics that can be completed at the individual worker's pace. The course is typically completed in four to five hours. PCST meets the IRP 16 Standard. While this course includes a review of generic WHMIS, it does not provide WHMIS certification.

**Dates** | Ongoing

**Time** | 8:30 A.M. – 4:30 P.M.

**Cost** | \$150

### Skidsteer Operator Training

The theory aspect of this course covers safe operating procedures, servicing and maintenance requirements when working with a bobcat. The practical aspect involves operation of bobcat through an obstacle.

**Dates** | April 12 and June 14, 2019

**Time** | 9:00 A.M. – 4:30 P.M.

**Cost** | \$250

## Standard First Aid – Level C CPR

This two day course delivers comprehensive training in first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergency situations. This course meets federal and provincial/territorial regulations for Standard First Aid and CPR. AED (Automated External Defibrillator) device training is also included in this two-day training session, exceeding competitor's standards.

**Dates** | April 23–24, May 21–22 and June 25–26, 2019

**Time** | 9:00 A.M. – 4:30 P.M.

**Cost** | \$170 (\$100 for recertification)



## TRADES AND INDUSTRY

### Hairstyling

Gain skills in hairstyling, whether you are looking at improving and learning new skills to style your own hair or gaining new skills as a stylist.

### Basic Braiding

In this two hour session, you will be provided with hands-on techniques to create basic two and three-strand braids. Tools, products and mannequins will be provided.

**Date** | May 7, 2019

**Time** | 6:00 – 8:00 P.M.

**Cost** | \$40 per session

# WATER TREATMENT OPERATOR TRAINING

## Potable Water and Wastewater Systems

This online course is designed to introduce students to operations and management of potable and wastewater treatment systems. Course topics are broken down into five modules: 1) Know Your Water Systems, 2) Water Treatment, 3) Wastewater Treatment, 4) Pipes, Pumps and Valves: Treatment Support Systems and the Underground System, and 5) Water Distribution and Wastewater Collection Systems.

**Dates** | Ongoing

**Days/Time** | Monday–Friday, 8:30 A.M. – 4:30 P.M.

**Cost** | \$1,035



## SMOKY LAKE OFFERINGS

### Basic Welding

Learn how to safely use various materials, tools and techniques for welding. This course covers the basics of shielded metal arc welding with related theory and practical lab instruction. You will learn how to weld common joint types on mild steel that is often encountered in manufacturing, construction and repairs. Improve your welding habits by getting hands on experience in fusion welding of mild steel in both shielded arc welding, GMAW (MIG) and torch cutting, and care for equipment.

**Cost** | \$450 + GST

*\* To register for the course, contact Mary Lou Doshewnek at 780-656-4066 or [mldosh@yahoo.com](mailto:mldosh@yahoo.com).*





**START YOUR DEGREE IN COLD LAKE,  
LAC LA BICHE OR ST. PAUL**

**BACHELOR OF ARTS  
BACHELOR OF COMMERCE  
BACHELOR OF EDUCATION  
BACHELOR OF SCIENCE  
BACHELOR OF SOCIAL WORK**



We offer the following university courses on a regular basis:

- Canadian History, 1867–Present
- Canadian Literature to the Modernist Period
- Communications for Health Professionals
- Developmental Psychology
- Educational Psychology for Teaching
- Individual and Social Behaviour
- Introductory Chemistry II
- Intro to Calculus I
- Intro to Psychology
- Intro to Sociology
- Intro to the History of Western Art I
- Intro to the Movement Activities of Children
- Intro to the Novel and the Short Story
- North American Aboriginals
- Organisms in their Environment
- Personal Health and Wellness
- Principles of Ecology
- Physiology II
- Sociology of Aging
- Technology Tools for Teaching and Learning

For more information about courses in Cold Lake, call: **780-639-7109**.

For Lac La Biche and St Paul, call: **780-623-5575**.

# CALP



The College is proud to partner with the Community Adult Learning Programs in its region. The CALPs, as they are known provincially, are funded by Alberta Advanced Education.

While services vary at each CALP, all support adult literacy and foundational learning in their programs, services and supports. Their programming is developed based on community need and includes literacy learning, English as a Second Language, basic computer skills, and family literacy. One-on-one and small group tutoring is also available to suit learning needs. All CALPs in the region can work to connect you with local tutors, increase your skills and help you connect with post-secondary training.

Please use the contact information on the following pages to follow-up with the CALP in your area to determine what programs and supports are available to you beyond what is listed in this version of the College's extension catalogue.

To learn more about Community Adult Learning Programs and for locations across the province visit [www.calp.ca](http://www.calp.ca).

REGION	CONTACT INFORMATION
Bonnyville Community Learning Council	780-826-2150 bonnyvillelearning@incentre.net <a href="https://bonnyvillelearning.ca/">https://bonnyvillelearning.ca/</a>
Buffalo Lake Métis Settlement	780-689-4574 <a href="https://buffalolakems.ca/">https://buffalolakems.ca/</a>
Cold Lake Community Learning Centre	780-639-3134 coldlakeclc@gmail.com <a href="http://www.coldlakelearns.com/">http://www.coldlakelearns.com/</a>
Elizabeth Métis Settlement	780-594-5026 <a href="http://www.elizabethms.ca/">http://www.elizabethms.ca/</a>
Elk Point & District Further Education	780-724-4101 f-e-c@telusplanet.net
Fishing Lake Métis Settlement	780-943-2661 headstart@fishinglakems.ca <a href="https://flms.ca/">https://flms.ca/</a>
Kikino Métis Settlement	780-623-7868 kikinosti@mcsnet.ca
Lac La Biche Regional Awasisak and Family Development Circle Association Buffalo Lake Metis Settlement Kikino Metis Settlement Lac La Biche Head Start	780-623-4742
Lac La Biche Canadian Native Friendship Centre Association	780-623-3249 tracy@llb-cnfc.com <a href="http://www.llb-cnfc.com/">http://www.llb-cnfc.com/</a>

## REGION

## CONTACT INFORMATION

Lac La Biche Community Learning  
Community Learning Facilitator

780-623-2477  
llbpal@telusplanet.net  
<http://classllb.ca>

Smoky Lake County Community Learning Council

780-636-2024  
coordinator@slcountyclc.ca  
familyliteracy@slcountyclc.ca  
<http://www.slcountyclc.ca/>

St. Paul Family Literacy (Portage College)

780-645-6368  
<http://www.stpaulfamilyliteracy.ca/>

St. Paul Community Learning Association

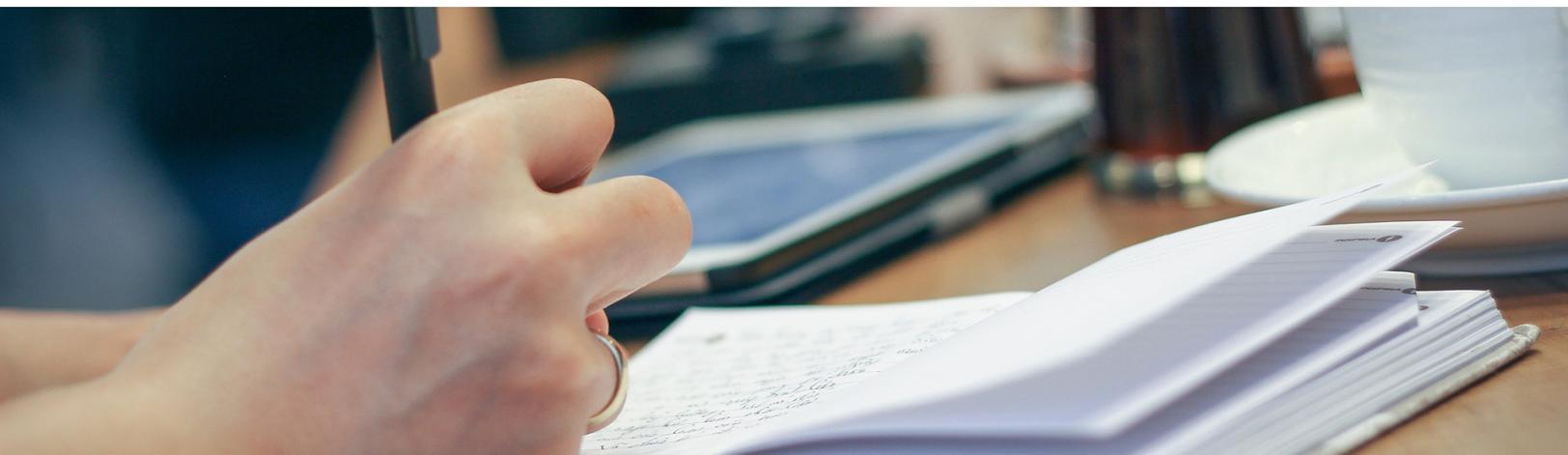
780-614-6346  
spcla@mcsnet.ca  
spcla@mcsnet.ab.ca

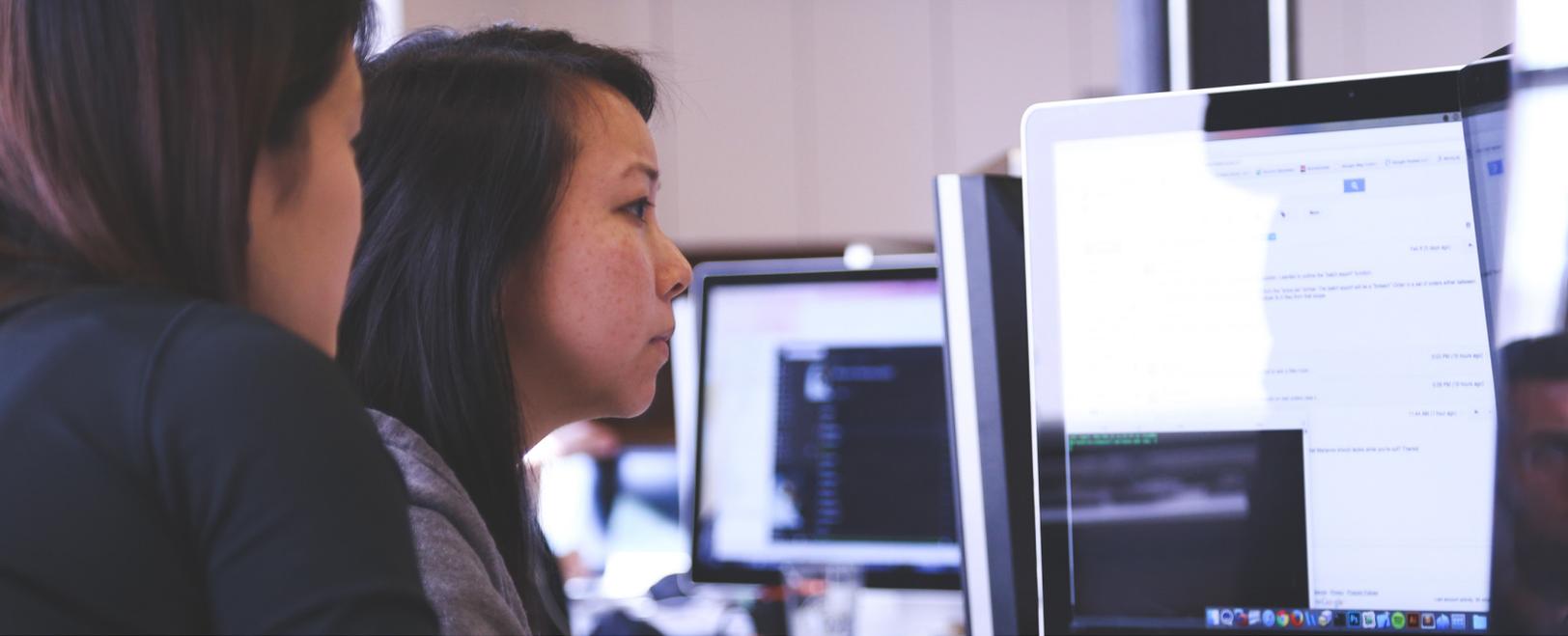
VegMin Learning Society (Vegreville)

780-632-7920  
vegmin@vegmin.com  
admin@vegmin.com

Community Association for Lasting Success (Vegreville)

780-632-3225  
family@vcals.org





## CANADA-ALBERTA JOB GRANT

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The Canada-Alberta Job Grant (CAJG) is an employer-driven training program where employers and government share the cost of training new and existing employees to increase their knowledge and skills to meet the needs of Alberta's changing economy.

- **NEW:** CAJG now offers more training incentives to employers
- 100% of training cost covered for eligible unemployed hires (up to \$15,000) with incremental training requirement waived
- Sole proprietors can now train their employees using CAJG
- Assistance on travel costs for small and medium-sized organizations (outside of Edmonton and Calgary) when training is over 100 km one way

For more information, visit:

<http://www.albertacanada.com/employers/train/jobgrant.aspx>

## ED2GO

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### Flexible Online Learning

From accounting to photography, Ed2Go has a wide variety of online courses you can do from home.

Visit [www.ed2go.com/portage](http://www.ed2go.com/portage) for the full course list and start dates.

## NEED TO REGISTER FOR A COURSE?

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Give our friendly staff  
a call toll-free at

**1-888-745-0719**





Continuing Education



**Toll Free** • 1-888-745-0719

**Email** • [training@portagecollege.ca](mailto:training@portagecollege.ca)

**Website** • [portagecollege.ca](http://portagecollege.ca)

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 /portageconed

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