

WELCOME

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

Our vision for Continuing Education:

- 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
- 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

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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.

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.

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



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 group.

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







RIBBON SKIRT COURSE

Have a hankering to wear a traditional Indigenous ribbon skirt to the next round dance or ceremony at Portage College? If so, then this is the class for you!

Learn about the tradition of ribbon skirts, their role in traditional ceremonies, the role of women in Indigenous culture and the connection to the teepee and to the circle.

This one-and-a-half-day workshop will cover basic sewing machine skills, fabrics and material. You will walk away wearing your own ribbon skirt.

Dates February 22-23, 2020

Times Saturday: 8:30 A.M. – 4:00 P.M.

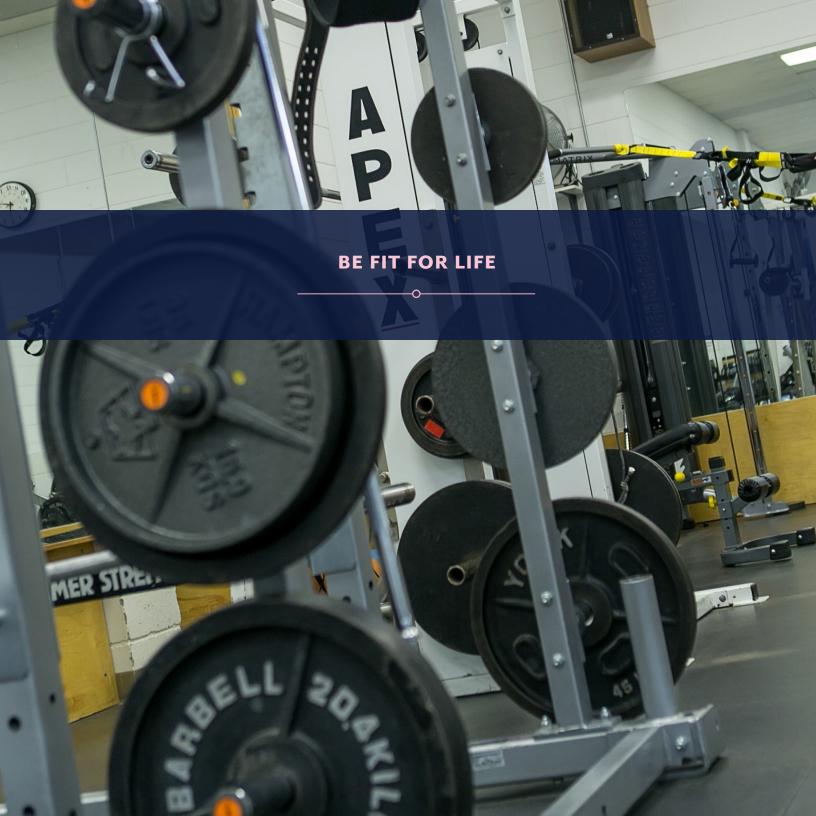
Sunday: 9:00 A.M. - 1:00 P.M.

Cost \$125 per person / \$75 for materials

*Contact Continuing Education for list of materials

Location Lac La Biche





WINTER FITNESS CLASS OPTIONS

Session Fee and Punch Pass \$120 for a 10–class pass \$200 for a 20–class pass \$80 for a NOON 10–class pass Drop-in \$14 for a regular class \$10 for a NOON class For more information or to register, call **780-623-5542** or email **deb.menard@portagecollege.ca**.

*Ages 13-15 must be accompanied by a parent or guardian.

*All classes held in Lac La Biche.

Session One: January 13 to February 13, 2020 Session Two: February 24 to March 26, 2020

CORE ESSENTIALS

A strong core is an invaluable asset. For starters, a strong and stable midsection can give you better balance and better posture, and it can even help reduce back pain. Learn how to train all the muscles of the lumbo-pelvic-hip-complex both on and off your feet. Options shown for any level of fitness.

Dates January 13 to February 10, 2020

Days/Time Mondays: 12:30 – 1:00 P.M.

Cost \$35 session fee or punch pass or drop-in

CORRECTIVE EXERCISE FOR LOWER BODY

Learn how to restore mobility, improve stability, prevent and recover from injury, perform better and reach your fitness goals faster! This session addresses common lower body dysfunctions through the use of inhibitory, lengthening, activation and integration techniques.

Dates March 4, 11 and 18, 2020

Days/Time Wednesdays: 12:30 – 1:00 P.M.

Cost \$23 session fee or punch pass or drop-in

CORRECTIVE EXERCISE FOR UPPER BODY

Learn how to restore mobility, improve stability, prevent and recover from injury, perform better and reach your fitness goals faster! This session addresses common upper body dysfunctions through the use of inhibitory, lengthening, activation and integration techniques.

Dates January 15 to February 12, 2020

Days/Time Wednesdays: 12:30 – 1:00 P.M.

*No class on January 29, 2020.

Cost \$30 session fee or punch pass or drop-in

CYCLEXPRESS

Get your mid-day recharge with this indoor cycling cardio workout that takes you through interval and tempo training set to motivating music! Great for any level of fitness.

Dates February 24 to March 23, 2020 Days/Time Mondays: 12:30 – 1:00 P.M.

Cost \$35 session fee or punch pass or drop-in

G.E.A.R.S.

Get Excited About Riding and Suspension Training (GEARS) gets you results without stressing your joints using indoor bicycles for cardio and suspension training for strength. You're in control on how much you want to challenge yourself; you simply adjust the dial or body position! Class format: 30 minutes cycling, 15 minutes suspension training and 5 minutes stretching. Great for any level of fitness.

Dates January 14 to February 13, 2020

Days/Time Tuesdays and Thursdays: 7:00 – 7:50 A.M.

Cost \$100 session fee or punch pass or drop-in

PUSH, PULL OR DRAG

This action-packed workout has you moving through push, pull and drag circuit training intervals. Get lots of variety and mix things up by using the 'sled', suspension trainer, BOSU, ViPR, Surge and other portable equipment.

Dates February 25 to March 26, 2020

Days/Time Tuesdays and Thursdays: 7:00 - 7:50 A.M.

Cost \$100 session fee or punch pass or drop-in

WELLNESS WEDNESDAYS

On the last Wednesday of each month, come 'Lunch & Learn' in the Library with the following educational presentations:

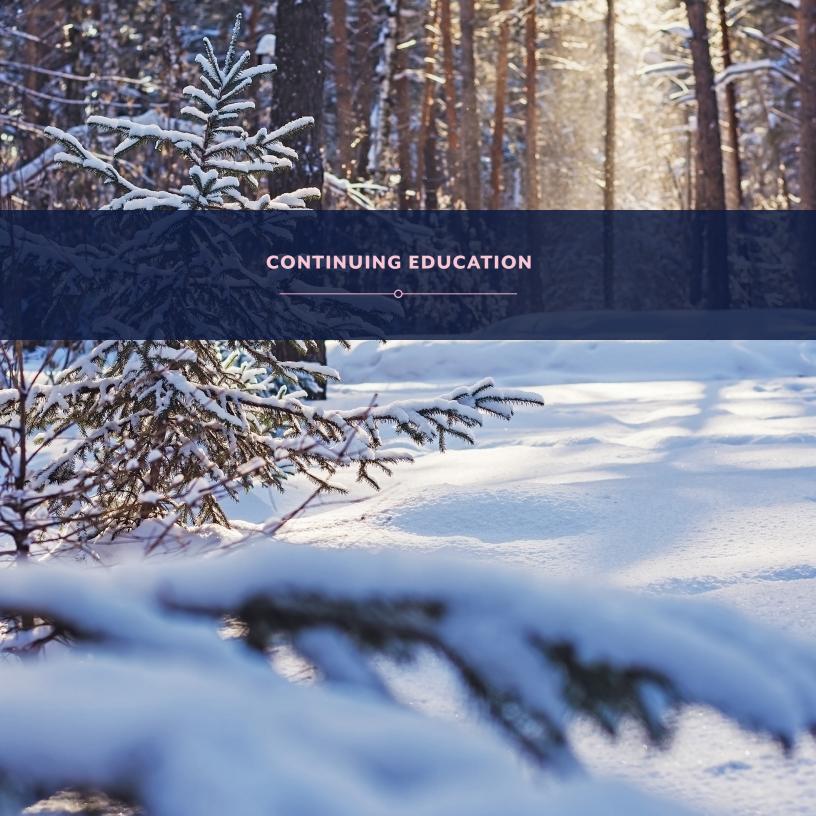
- 1. Behavior Change for Better Health
- 2. Gut Health 101
- 3. Fill Up on Fibre!

Dates January 29, February 26 and March 25, 2020

Days/Time Wednesdays: 12:30 - 1:00 P.M.

Cost Free





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 150 feet. This six to eight hour course includes a theory portion as well as a practical evaluation.

Dates December 6, 2019, February 7, April 24 and June 12, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$200

*Must have prerequisite: Fall Protection.

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

Dates March 10 and May 5, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$115

CHAINSAW SAFETY (AWTA)

Chainsaw Safety (AWTA) is a level 3 (intermediate) chainsaw safety training course combining lecture, demonstration and practical components of instruction. It provides students with the skills and safe practices required for slashing, bucking and falling. Student assessments include a written quiz, scored cuts on a bolt and a field assessment of bucking and limbing, demonstrating skill and safety.

Dates April 9-11, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$1,250

CONSTRUCTION SAFETY TRAINING SYSTEM (CSTS)

This course is designed for the individual worker and is offered only through eLearning. Training is divided into separate modules that can be completed at your own pace, and the full program takes on average six to eight 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 (students must register a minimum of 24 hours in advance

Time 8:30 A.M. - 4:30 P.M.

Cost \$100

DEFENSIVE DRIVING

This eight-hour course is designed to inform students on safe driving practices. The course is designed to make students aware of the importance of safe driving practices. Upon successful completion of the course, three demerit points will be removed from the students' current driver's license record.

*This course is only available once every two years.

Date February 4, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$150

DIVERSITY AWARENESS

This introductory course allows 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 (students must register a minimum of 24 hours in advance

Time 8:30 A.M. - 4:30 P.M.

Cost \$50

^{*}All Continuing Education courses are held in Lac La Biche.

^{*}All ongoing online courses can be taken at any campus.



FALL PROTECTION

This full-day course is developed by Fall Protection Group. 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.

Dates December 5, 2019, February 6, April 23 and June 11, 2020 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 January 24, March 27 and May 22, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$200

GROUND DISTURBANCE LEVEL II

The Ground Disturbance Level II course teaches students of the regulations and variance involved when any type of excavation takes place. The course presents proper sequencing of implementing safe excavating and trenching methods from the pre-planning stages to the actual dig. Students will also be able to carry out appropriate emergency response plans.

Dates November 26, 2019, January 21, March 24 and May 19, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$160

H2S ALIVE

This course is designed for any worker who may be exposed to H2S. It teaches individuals how to work safely in and around hydrogen sulphide (H2S) environments.

Dates November 28 and December 19, 2019, January 28, February 11, March 31, April 28, May 26 and June 19, 2020

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 (students must register a minimum of 24 hours in advance

Time 8:30 A.M. – 4:30 P.M.

Cost \$150



^{*}All Continuing Education courses are held in Lac La Biche.

^{*}All ongoing online courses can be taken at any campus.

POTABLE WATER AND WASTEWATER SYSTEMS

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

Dates Ongoing (students must register a minimum of 24 hours in advance

Time 8:30 A.M. - 4:30 P.M.

Cost \$1,035

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 March 6 and May 8, 2020

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. Automated External Defibrillator (AED) device training is also included in this two-day training session, exceeding competitor standards.

Dates December 17-18, 2019, January 14-15, February 18-19,
March 17-18, April 14-15, May 12-13 and June 16-17, 2020

Time 9:00 A.M. - 4:30 P.M.

Cost \$170 (\$100 for recertification)







SOLAR OR NOT TO SOLAR

We are all looking to reduce our monthly expenses but does solar make "cents" this far north? Al Bertschi will share his experience and his power bill to help you decide.

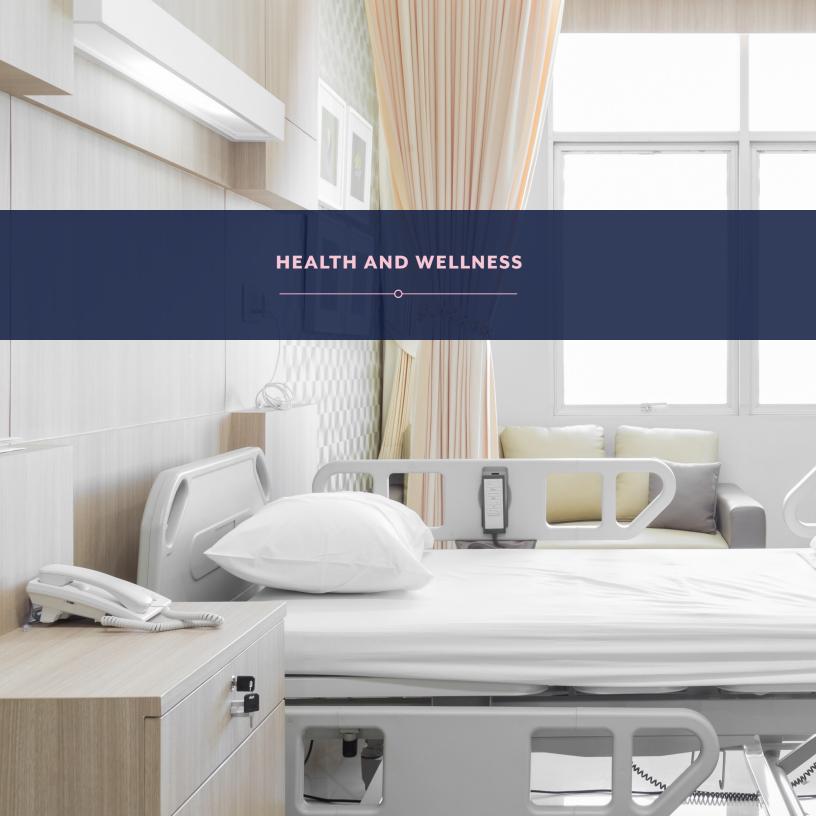
Location/Date St. Paul: January 16, 2020 Lac La Biche: February 27, 2020

Time 7:00 - 9:00 P.M.

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Cost Free info session

To register, call 780-623-5508.



ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS) PROVIDER

Advanced Cardiovascular Life Support (ACLS) is a video-based, instructor-led course. ACLS builds on the foundation of basic life support (BLS) skills and emphasizes the importance of continuous, high-quality CPR. ACLS highlights the importance of high-performance team dynamics and communication, systems of care, recognition and intervention of cardiopulmonary arrest, immediate post-cardiac arrest, acute dysrhythmia, stroke and acute coronary syndromes.

ACLS Course Prerequisites (students must provide proof of completion on the first day of the course): Participants who take the full ACLS course must have a current Heart and Stroke Foundation BLS course completion card and complete the mandatory Pre-Course Self-Assessment.

Dates March 19-20, 2020

Time 8:00 A.M. – 5:00 P.M. (one-hour lunch break)

Cost \$325 + 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 Heart and Stroke Foundation ACLS provider course completion card. When a provider is unable to present a course completion card, at the discretion of the instructor, a provider who frequently uses the skills and knowledge of ACLS in their workplace or related volunteer activities may be admitted. If that provider does not successfully complete the recertification course, without remediation, they will be required to attend a full certification course.

Cost of renewal course: \$225 + manual + GST.

ALBERTA COLLEGE OF PARAMEDICS PROVINCIAL REGISTRATION EXAM PREPARATION

Prepares EMS students for the provincial exam (EMR/PCP/ACP), which consists of written, skills and simulation components. The prep course is two consecutive days, offered during the week preceding the weekend of Alberta College of Paramedics examination.

Day 1: Preparation for written and skills components.

Day 2: Preparation for simulation examination.

Dates ACP prep: March 16-17, 2020 EMR prep: March 24-25, 2020

Time 8:00 A.M. - 5:00 P.M. (one-hour lunch break)

Cost \$335 + GST

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 6-7, 2020

Time 8:30 A.M. - 4:30 P.M.

Cost \$200 + GST

^{*}All Health and Wellness courses are held in Lac La Biche.

^{*}Course will also be available in Cold Lake. Call 780-639-7157 for dates.



BASIC LIFE SUPPORT (BLS) HEALTH CARE PROVIDER

INTERNATIONAL TRAUMA LIFE SUPPORT (ITLS) PROVIDER -ADVANCED OR BASIC

The BLS Health Care Provider course teaches participants to promptly recognize life-threatening emergencies, which includes high-quality chest compressions, ventilations and early use of an AED. It includes adult, child and infant rescue techniques.

Dates December 7, 2019 and March 18, 2020

Time 8:30 A.M. - 12:00 P.M. Cost \$80 + manual + GST

NEONATAL RESUSCITATION PROGRAM (NRP)

Neonatal Resuscitation Program is an advanced course that focuses on a systematic approach to neonatal assessment. This includes basic life support, effective resuscitation of the newborn and team dynamics to improve the quality of care provided to neonates at the time of birth.

NRP Course Prerequisites (students must provide proof of completion on the first day of the course): Successful completion of the online examination (cost associated) and eSim cases are required before learners can attend the skill/simulation portion of the NRP course. Students must complete the online portion of the course 30 days prior to attending this skill/simulation portion of the NRP course.

Date February 11, 2020

Time 8:00 A.M. – 5:00 P.M. (one-hour lunch break)

Cost \$235 + manual + GST

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 and 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 November 30 - December 1, 2019, February 14-15, 2020 Time 8:00 A.M. - 5:00 P.M. (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 (Advanced or Basic).

Cost of renewal course: \$325 + manual + GST.

PEDIATRIC EMERGENCY ASSESSMENT, RECOGNITION AND STABILIZATION (PEARS)

The PEARS Provider Course prepares healthcare providers caring for pediatric patients to assess, recognize and participate in the initial management of respiratory and/or cardiovascular emergencies and cardiopulmonary arrest. Case-based instruction will be used to instruct students on providing pediatric resuscitation interventions within the initial minutes.

PEARS Provider Course Prerequisites (students must provide proof of completion on the day of the course): Participants must prepare adequately to enable successful completion of the PEARS Provider course. This course does not teach BLS skills. Participants must have a current Heart and Stroke BLS course completion card (taken within the last 12 months and current to the most recent guidelines).

Dates December 8, 2019 and February 10, 2020
Time 8:00 A.M. – 5:00 P.M. (one-hour lunch break)
Cost \$200 + manual + GST

PEDIATRIC ADVANCED LIFE SUPPORT (PALS)

Pediatric Advanced Life Support is an advanced course that focuses on a systematic approach to pediatric assessment. This includes basic life support, PALS treatment algorithms, effective resuscitation and team dynamics to improve the quality of care provided to seriously ill or injured children.

PALS Provider Course Prerequisites (students must provide proof of completion on the first day of the course): Participants who take the full PALS course must have a current Heart and Stroke Foundation BLS course completion card, complete the mandatory Pre-Course Self-Assessment and be proficient in the following:

- · Perform high-quality BLS
- Identify the following rhythms and rhythm disturbances: normal sinus rhythm, sinus bradycardia, sinus tachycardia, supraventricular tachycardia, ventricular tachycardia, asystole and ventricular fibrillation.
- Demonstrate a basic understanding of the frontline drugs used in the management of cardiac arrest, bradycardia and tachycardia.

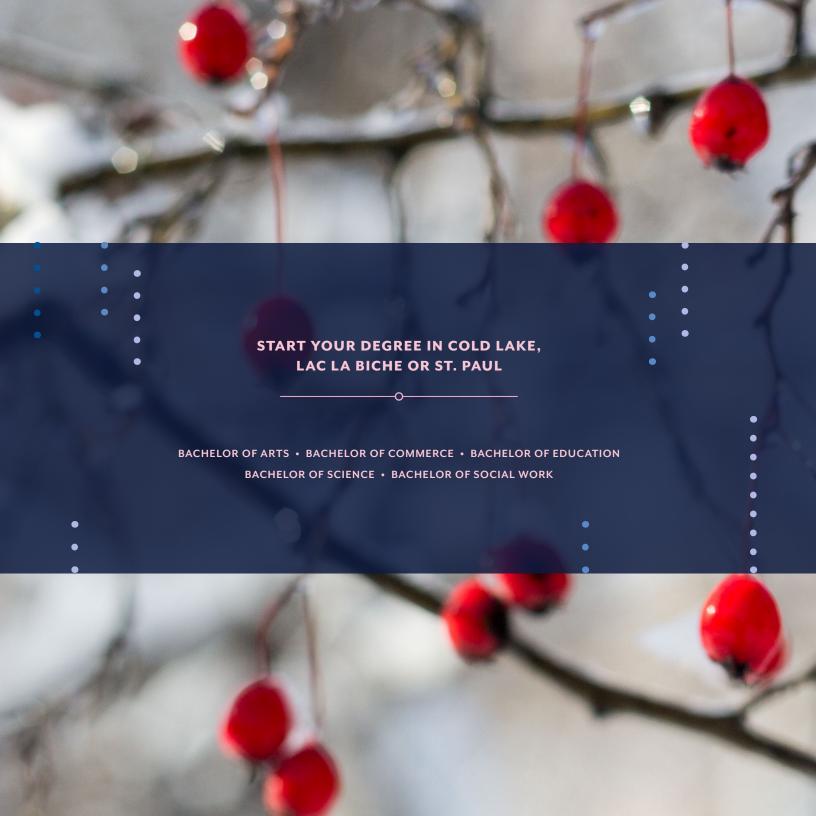
Dates November 23-24, 2019, February 12-13, 2020
Time 8:00 A.M. – 4:00 P.M. (one-hour lunch break)
Cost \$300 + manual + GST

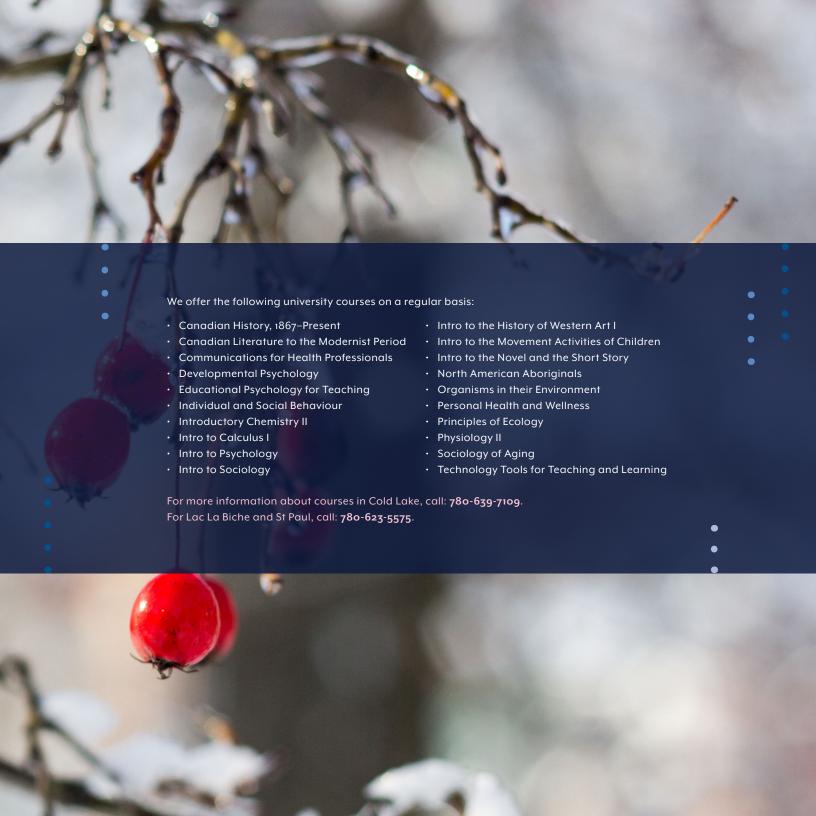
*Renewal course is available during the second day of the above mentioned two-day course (one day renewal course).

Renewal course participants should have a current Heart and Stroke Foundation PALS provider course completion card. When a provider is unable to present a course completion card, at the discretion of the instructor, a provider who frequently uses the skills and knowledge of PALS in their workplace or related volunteer activities may be admitted. If that provider does not successfully complete the recertification course, without remediation, they will be required to attend a full certification course.

Cost of renewal course: \$225 + manual + GST.

^{*}All Health and Wellness courses are held in Lac La Biche.







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

While services vary at each CALP, they 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.

To learn more about Community Adult Learning Programs and for locations across the province, visit **calp.ca**.

REGION	CONTACT INFORMATION
Bonnyville Community Learning Council	780-826-2150 bonnyvillelearning@incentre.net https://bonnyvillelearning.ca/
Buffalo Lake Métis Settlement	780-689-4574 https://buffalolakems.ca/
Cold Lake Community Learning Centre	780-639-3134 coldlakeclc@gmail.com http://www.coldlakelearns.com/
Elizabeth Métis Settlement	780-594-5026 http://www.elizabethms.ca/
Elk Point and District Further Education	780-724-4101 f-e-c@telusplanet.net
Fishing Lake Métis Settlement	780-943-2661 headstart@fishinglakems.ca https://flms.ca/
Kikino Métis Settlement	780-623-7868 kikinosti@mcsnet.ca
Lac La Biche Regional Awasisak and Family Development Circle Association Buffalo Lake Métis Settlement Kikino Métis Settlement Lac La Biche Head Start	780-623-4742
Lac La Biche Canadian Native Friendship Centre Association	780-623-3249 tracy@llb-cnfc.com http://www.llb-cnfc.com/
Lac La Biche Community Learning Community Learning Facilitator	780-623-2477 Ilbpal@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

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.

- · CAJG 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:

https://www.alberta.ca/canada-alberta-job-grant.aspx.

ED2GO

Learn new personal and professional skills online. Ed2Go offers a wide range of highly interactive courses that you can take entirely over the Internet.

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

Visit ed2go.com/portage for the full course list and start dates.

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GIVE OUR STAFF A CALL TOLL-FREE AT 1-888-745-0719

