



**THE VOYAGE  
OF 50 YEARS**  
PORTAGE COLLEGE

# CONTINUING EDUCATION & FACULTY OF EXTENSION

---

*Winter & Spring Offerings 2018*









# Welcome

The Continuing Education department of Portage College has teamed up with Faculty of Extension to bring you a variety of courses in Winter 2018.

The College is very proud to be celebrating its 50th Anniversary in 2018 and our Continuing Education department has been delivering exceptional programming to Northeastern Albertans for many of those years.

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.

Have a talent you would like to share with your community? We pay competitive rates for delivery of our courses and will do all the marketing and look after the scheduling.

Your adventure awaits,

Nancy Broadbent  
*Executive Vice President Academic*







PORTAGE COLLEGE *Continuing Education*

Custom training that fits  
**your needs.**

Our staff are dedicated to providing innovative solutions for your professional development needs. From safety certificates to leadership training and team building, we're passionate about engaging you or your employees on an educational journey.



# Contents

**WHY PORTAGE & HOW TO REGISTER** pg 6

**COLD LAKE**

Driving School pg 9

Environmental & Natural Resources pg 9

Health & Wellness pg 9

**LAC LA BICHE**

Arts & Culture pg 11

Be Fit for Life pg 12

Driving School pg 14

Environmental & Natural Resources pg 15

Public Legal Education pg 16

Safety Training pg 17

Water Treatment Operator Training pg 21

Customized Training pg 23

**ST. PAUL**

Hospitality & Culinary pg 24

**UNIVERSITY STUDIES** pg 27

**C.A.L.P.**

About C.A.L.P. pg 28

Regions and Contact Information pg 29

Canada Alberta Job Grant pg 31

*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 7 campuses and over 30 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: **portagecollege.ca**.

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

## STAY UP-TO-DATE!

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







***Rentals  
starting at***

**\$135**

**/ month**

## **BUSINESS INCUBATORS**

---

### **OFFICE SPACE FOR ENTREPRENEURS AND START UPS AT OUR ST. PAUL CAMPUS**

Looking for a space to grow your idea? Consider our suite of Business Incubators that come equipped with multiple workspaces, wifi connections and access to an on-call business consultant.

Portage College has partnered with the Cold Lake Rural Alberta Business Centre to provide clients additional entrepreneur development supports and a direct connection to the St. Paul and District Chamber of Commerce.

For more information, call Bev Lockett at 780-614-6327.



*Cold  
Take*

 PORTAGE  
COLLEGE



## DRIVING SCHOOL

### Class I & III Truck Transport

This program is designed to prepare students for employment as Class I & Class III licensed drivers. The course provides practical training in the operation of modern tractor-type truck and trailer. Students advance through a series of practical exercises involving rural, or city traffic circuits under actual driving conditions.

*Contact us for group rates and pricing.*



## HEALTH & WELLNESS

### Applied Suicide Intervention Skills Training

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.

**Date(s):** May 3 & 4

**Days/Times:** Thurs. & Fri. / 8:30 - 4:30

**Cost:** \$200

## ENVIRONMENTAL & NATURAL RESOURCES

### Solar or Not to Solar

There are changes coming to how we generate and use power. Solar is quickly becoming a front runner in future power generation and there are many different panels and configurations making it hard to decide which method is best for you. A bigger question still remains: does it work this far north? Al Bertschi, Coordinator of the Natural Resources Technology (NRT) program at Portage College, invested in solar panels for his house and would like to share his thoughts and power bills to help make “cents” of it all.

**Date(s):** January 25

**Days/Times:** Thurs. / 7 - 9 pm

**Cost:** \$40



*Fac Fa Biche*



# ARTS & CULTURE

## Art Club for Adults

This fun and relaxed studio class is for individuals that want to explore their creative ideas in various art materials. Learning under the guidance of an experienced instructor in a collaborative learning environment, students will have the opportunity to develop a number of artworks through a variety of art forms including: painting, drawing, printmaking, ceramics, and mixed media. All levels of art making experience welcome.

**Date(s):** Mar. - Apr. 5

**Days/Times:** Thurs. / 5 - 7 pm

**Cost:** \$80 + materials, \$50 + materials for students

## Brick Stitch Beadwork

In this course you will learn the basic Brick Stitch by creating numerous projects; a key chain, two pairs of earrings and a zipper pull. Along with the techniques you will learn about the different tools, materials and supplies that are used.

**Date(s):** Apr. 30 - May 31

**Days/Times:** Mon. & Thurs. / 6 - 8 pm

**Cost:** \$150

## Peyote Stitch Beadwork

This course introduces you to Tubular Peyote beadwork. The basic odd and even techniques will be covered as well as graphing, different tools, materials and supplies.

**Date(s):** Mar. 5 - 29

**Days/Times:** Mon. & Thurs. / 6 - 8 pm

**Cost:** \$150



## Soap Stone Carving

Carving courses introduces students to carving soapstone. Basic techniques will be covered as well as tools, supplies and safety concerns.

**Date(s):** Apr. 21 & 22

**Days/Times:** Sat. & Sun. / 8:30 am - 5 pm

**Cost:** \$250



## Early Rider

Energize your day with this early morning indoor cycle workout with speed drills, hill climbing, and interval training. *No class Feb. 19.*

**Date(s):** Jan. 15 - Mar. 21

**Days/Times:** Mon. & Wed. / 7 - 7:45 am

**Cost:** \$165

## PiYO LIVE!

For those who don't fit into a traditional yoga class, this one's for you! Set to great music and non-stop fluid movement inspired by Yoga, Pilates, and bodyweight training.

**Date(s):** Jan. 16 - Mar. 20

**Days/Times:** Tues. / 12:05 - 12:50 pm

**Cost:** \$70

## BB Burn

Feel the burn with this strength conditioning class that utilizes the BodyBar & Big Ball with a variety of tempo & interval training. *No class Feb. 15.*

**Date(s):** Jan. 16 - Mar. 22

**Days/Times:** Tues. / 12:05 - 12:50 pm

**Cost:** \$70

## Better Body Bootcamp

Have you reached a plateau with your progress or bored with your routine? Break free with the principle of muscle confusion - that's what you'll get with this effective & efficient total body workout that combines cardio, muscular strength & endurance, core, and flexibility. Boost your metabolism first thing in the morning to build that better body! *No class Feb. 15.*

**Date(s):** Jan. 16 - Mar. 22

**Days/Times:** Tues. & Thurs. / 7 - 7:45 am

**Cost:** \$70

## Strike Force

This action-packed workout combines a series of punching & kicking combinations and conditioning drills that improves your strength & endurance, plus relieves stress! Using a variety of equipment, including punching bags, you'll feel empowered and energized when you join the Strike Force. Need to bring your own boxing gloves & wraps.

*No class Feb. 14 & 19.*

**Date(s):** Jan. 15 - Mar. 21

**Days/Times:** Mon. & Wed. / 5 - 6 pm

**Cost:** \$162

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



# You Go Girl!

## RUN, KICK, & CLIMB

Brought to you by:

**AKS - PLAY Society**

(Active Kids & Physical  
Literacy and You)

Fundamental Soccer  
Skills Workshop with  
British Soccer Coach

Indoor Rock  
Climbing Workshop  
with Be Fit For Life

**FREE**

No School Friday

**January 19**

at Portage College

GIRLS, age 6-12:

9:00am-12pm

GIRLS, age 13-18:

1:00-4:00pm

TO REGISTER CONTACT Be Fit For Life Centre at 780-623-5542 or [deb.menard@portagecollege.ca](mailto:deb.menard@portagecollege.ca)





# DRIVING SCHOOL

## Class I & III Truck Transport

This program is designed to prepare students for employment as Class I & Class III licensed drivers. The course provides practical training in the operation of modern tractor-type truck and trailer. Students advance through a series of practical exercises involving rural, urban or city traffic circuits under actual driving conditions.

*Contact us for group rates and pricing.*

## Class 5 Driver Training

Learn the skills you need to pass the Class V Drivers Practical Exam. Class V training at Portage includes 15 hours of theory and 10 hours of hands-on training behind the wheel. At the end of the 25 hours, you'll be ready to embrace the freedom of the open road.

**Date(s):** Feb. 10 & 11; May 5 & 6

**Days/Times:** Sat. - Sun. / 8:30 am - 4:30 pm

**Cost:** \$900

## Defensive Driving

This theory course is designed to inform students of the importance of safe driving practices. Upon successful completion of the course, students earn a credit to have 3 demerit points removed from their current driver's licence record for up to 2 years following the course date.

*Contact us for group rates and pricing.*



# ENVIRONMENTAL & NATURAL RESOURCES

## Bird Watching - Level 1

Bird watching is one of the fastest growing activities in Canada, and it is estimated that 1 in 5 people are birding, and can be enjoyed by all ages. Lac La Biche is recognized as an Important Bird Area (IBA), and Churchill Island has been a designated Bird Sanctuary since 1920. This makes Churchill one of the best places to see and hear many bird species. Dr. Everett Hanna, with the Natural Resources Technology (NRT) program, is an expert Ornithologist who can guide you through all stages of birding and will introduce you to required equipment, mobile apps, and field guides. This short course will consist of lecture time and a field trip to Churchill Island.

**Date(s):** May 25 & 26

**Days/Times:** Fri. / 6:30 - 9 pm  
Sat. / 6 - 10 am

**Cost:** \$100



## Mushroom ID & Cooking Course

Can I eat that mushroom? Join mushroom expert and Natural Resources program instructor Mike Schulz as we learn about the edible and poisonous mushrooms of the Lac La Biche area. The course will include an introduction to mushroom identification and foraging, a foray in a nearby natural area, and cooking and sampling any found edibles. Students are encouraged to bring in their own mushrooms for identification, and purchase a copy of "Mushrooms of the Northwest North America" or "Mushrooms of Western Canada" by Helene Schalkwijk-Barendsen.

**Date(s):** June 30

**Days/Times:** Sat. / 9 am - 4 pm

**Cost:** \$100

## Solar or Not to Solar

There are changes coming to how we generate and use power. Solar is quickly becoming a front runner in future power generation and there are many different panels and configurations making it hard to decide which method is best for you. A bigger question still remains: does it work this far north? Al Bertschi, Coordinator of the Natural Resources Technology (NRT) program at Portage College, invested in solar panels for his house and would like to share his thoughts and power bills to help make "cents" of it all.

**Date(s):** Jan. 24

**Days/Times:** Wed. / 7 - 9 pm

**Cost:** \$40

**Busy January 24? You can catch Solar or Not to Solar at our Cold Lake Campus on January 25.**



# PUBLIC LEGAL EDUCATION

## About Public Legal Education

The Portage College Public Legal Education Program (PLE) is a public service initiative offered by Portage College in partnership with the Alberta Law Foundation. Our services range from providing seminars and workshops on legal and justice related topics, to networking and partnering with service agencies within the region to address justice/legal needs of area residents, to providing a legal resource directory and public legal education information (PLEI).

 780-623-5680

 /portagecollegeple

 @pleonline



## Understanding Indigenous Identity & Dispelling Myths and Stereotype

Indigenous identity remains inextricably linked with government legislation, colonial efforts to eradicate Indigenous identities as a part of the colonial project in Canada and the continued stereotyping of Indigenous people in the media and Canadian history. The social and cultural legacies of this history continue to be experienced very profoundly today. This workshop will examine the role of the Indian Act, the Métis Settlements Act and court cases in determining Indigenous Identity and will make space for discussions on dispelling myths and stereotypes in respect to Indigenous peoples.

**Date(s):** Jan. 11 & 18

**Days/Times:** Thurs. / 1 - 4 pm

**Cost:** Free

## Settler-Colonialism, Indigenous Resistance & Reconciliation

Legal History - a framework for examining the settler-colonialism narratives and providing insight to today's issues:

International Laws; The Indian Act; Indigenous Rights; Indigenous Resistance; Are Treaties Still Relevant? What is Historic Trauma?; What is Reconciliation? Do I have a role in this?

**Date(s):** Jan 25 & Feb 1

**Days/Times:** Thurs. / 1 - 4 pm

**Cost:** Free

# SAFETY TRAINING

## Aerial Platform

This course will give students hands-on training in the safe operation, pre-operation inspection, regulatory requirements and general maintenance of Aerial Work Platforms up to 150 ft. Equipment used may include scissor lift and boom lift.

**Date(s):** Feb. 6; May 15

**Days/Times:** Mon / 8:30 am - 4:30 pm

**Cost:** \$200

**Pre-requisite:** OSHA accredited Fall Arrest Certification

## ATV & ARGO Training

This course is designed for employees who use ATVs and/or ARGOs in their daily work routine to access backcountry work sites. With hands-on course, we put heavy emphasis on topics such as personal protective gear, environmental concerns, local laws, operational technique, maintenance and troubleshooting.

*Contact us for group rates and pricing.*

## Online Safety Training

We facilitate a number of online courses daily, including Construction Safety Training System, Pipeline Construction Safety Training, TDG, WHMIS, and more! Give us a call for more information.





## Chainsaw Training ENFORM

The objective of Level One – Chainsaw Basics (ENFORM Chainsaw Faller Competency Program) is to learn the basics of chainsaw handling and operations and gain an understanding of personal and work site safety.

*Contact us for group rates and pricing.*

## Chainsaw Safety – Woodland Trainers Association (WTA)

Gain the skills and safe practices required for slashing, bucking and falling. Students must demonstrate proper safety procedures and proficient chainsaw use in bucking, limbing and basic tree falling. This 3-day course includes certification with Woodland Trainers Association (WTA).

*Contact us for group rates and pricing.*

## Confined Space

Learn to identify and assess confined spaces. Upon completion of this course, you will know the information needed to understand the potential hazards of working in these spaces and the elements necessary to control those hazards prior to entry.

*Contact us for group rates and pricing.*

## Fall Arrest/Protection

This one-day course provides participants with the legislated requirements of fall protection systems, including identifying potential fall hazards, hazard analysis and risk assessment, selecting and using a personal fall protection system as well as inspection, maintenance and storage of FPS equipment. Students will also review the governing bodies, which control fall protection regulations and standards. This course includes both a theory and practical session.

**Date(s):** Feb. 5; May 14

**Days/Times:** 8:30 am - 4:30 pm

**Cost:** \$175



## Flag Person

Designed for those involved day-to-day operations where workers and the public are exposed to hazards created by vehicles and/or equipment, students cover safety precautions that must be in place for the protection of those who come into contact with construction zones.

**Contact us for group rates and pricing.**

## First Aid/CPR

This course is designed to prepare an individual to recognize and provide intervention for life threatening emergencies until medical aid arrives, includes artificial respiration, how to help someone whom is choking, how to deal with shock and unconsciousness, severe bleeding, head and spinal injuries, fractures of the upper and lower limbs and CPR for an adult casualty.

**Date(s):** Jan. 15 & 16; Mar. 12 & 13; Apr. 9 & 10;

May 7 & 8; June 4 & 5

**Days/Times:** 8:30 am - 4:30 pm

**Cost:** \$170

## Forklift Operator

Topics covered include: Labour Standards, Pre-Operation Checks, Refueling and Battery Care, Safety Operations, Forks, Mast, Loading & Unloading, Stacking, Traveling, Load Types, Ramps, Inclines, Dock Safety, Parking and Stability. Certification upon successful completion of exam and operator evaluation issued from the Liftruck Institute of Canada.

**Date(s):** Feb. 8; Apr. 5; June 7

**Days/Times:** 8:30 am - 4:30 pm

**Cost:** \$200

## Ground Disturbance/Excavation

This one-day course provides participants awareness of the legislation and responsibilities when performing any type of excavation. Proper safety methods for excavating and trenching are taught, as well as, identifying and carrying out appropriate emergency measures. Includes Level I and II.

**Date(s):** Jan. 2

**Days/Times:** 8:30 am - 4:30 pm

**Cost:** \$160

## H2S Alive - OSSA Approved

This one-day course provides information on the health hazards and physical properties of hydrogen sulfide gas (H2S). In this course you will also learn how to protect yourself with the use of personal protective equipment (PPE) and basic rescue techniques.

**Date(s):** Jan. 25; Mar. 15; May 10; Jun. 14;

**Days/Times:** 8:30 am - 4:30 pm

**Cost:** \$170





## Snowmobile Safety - Student Level

Portage College and the Alberta Snowmobile Association have developed a 10-hour snowmobile safety course for industry and companies that use snowmobiles extensively to access backcountry work areas. The course is broken down into three main topic areas: Safety, Maintenance and Operations. To obtain certification participants must pass a theory exam and a competency exam.

*Contact us for group rates and pricing.*

## Snowmobile Training for Trainers

This extensive 40-hour course was developed by Portage College and the Alberta Snowmobile Association to provide a pool of qualified instructors to deliver the Snowmobile Safety Course. The course focuses on instructional techniques, safety and industry compliance, maintenance and operations.

*Contact us for group rates and pricing.*

## Skid Steer Operations

This course offers hands on training in the safe operation, pre-operation inspection, regulatory requirements and general maintenance of a skid steer loader.

This program is designed to familiarize students through practical exercise with the operations, servicing, maintenance, and safety requirements when working with a skid steer. Students are tested on their skill level and either awarded a Skid Steer Basics Certificate or a Skid Steer Operator Certificate.

**Date(s):** Feb. 9; Mar. 30; May 4; June 8

**Days/Times:** Fri. / 8:30 am - 4:30 pm

**Cost:** \$250



# NEED TO REGISTER FOR A COURSE?

Give our friendly staff a  
call toll-free at  
**1-888-745-0719.**



# WATER TREATMENT OPERATOR TRAINING

## **Water Quality for Water and Wastewater Operators - 1.5 CEUs**

Understanding the hydrologic cycle and water related regulations are critical in identifying the appropriate responses for the day to day decision-making of a water and wastewater operator. In this course you will learn about the basic hydrologic cycle as it relates to water supply and wastewater management, the concept of watershed, and key aspects of relevant regulations. Further, you will have opportunities for field practice in environmental sampling, quality assurance and quality control to get representative water quality measurements from different water sources.

**Date(s):** Jan. 15 & 16

**Days/Times:** Mon. & Tues. / 8:30 am - 4 pm

**Cost:** \$425

## **Math & Chemistry for Water and Wastewater Operators - 2.5 CEUs**

Water and Wastewater Operators require a solid grasp of basic math skills. In this course you will learn essential mathematics as well as the basic principles of chemistry relating to the commonly used chemicals in water and wastewater operations. Learning activities will include hands-on experience in using basic laboratory equipment to conduct routine analysis from sample to report that is part of the day-to-day duties of an operator.

*Contact us for more information.*

## **Maps, Blueprints & Drawings - 1.0 CEUs**

In this course you will be introduced to various mapping methods such as topographic, detail and aerial, and how to interpret their data. You will be introduced to blueprint reading and identification of various structures and equipment from blueprints by utilizing hands-on classroom activities. As well, you will learn to recognize the most common symbols used in related engineering drawings including process flow diagrams (PFD) and process and instrumentation diagrams (P&ID).

**Date(s):** Jan. 17 & 18

**Days/Times:** Wed. & Thurs. / 8:30 am - 4 pm

**Cost:** \$425

## **Fundamentals of Water Distribution - 3.0 CEUs**

Safe potable water distribution is an integral component of basic sanitation and modern living. This course covers the components of a typical water distribution system, regulatory requirements, monitoring, associated hydraulics, and common operation and maintenance concerns. In addition to classroom learning activities, work in a simulated lab environment will give you problem-solving experience in the areas of operation and maintenance of pump stations, water storage reservoirs and ancillary equipment.

**Date(s):** Feb. 5 - 8

**Days/Times:** Mon. - Thurs. / 8:30 am - 4:30 pm

**Cost:** \$1000



## Fundamentals of Water Treatment - 3.5 CEUs

Production of safe drinking water is paramount for a healthy community. In this course, you will learn how the water is obtained from various raw water sources and then treated to meet the drinking water standards. You will learn basic water treatment processes, their design and operation. Monitoring and troubleshooting the performance of individual process unit will be learned through interactive activities. In addition to classroom learning activities, work in a simulated lab environment will give you problem-solving experience in the areas of operation and maintenance of treatment processes and ancillary equipment.

**Date(s):** Feb. 26 - Mar. 2

**Days/Times:** Mon. - Fri. / 8:30 am - 4:30 pm

**Cost:** \$1250

## Fundamentals of Wastewater Collection - 3.0 CEUs

In this course, you will gain a comprehensive overview of wastewater discharge regulations, various types of wastewater collection systems, and the major components and ancillary equipment involved. As hydraulics plays a major role in efficient wastewater collections, you will also be introduced to the basic hydraulic principles as they apply to wastewater collection. In addition to classroom learning activities, work in a simulated lab environment will give you problem-solving experience in the areas of operation and maintenance of pump/lift stations, wastewater conveyance systems and ancillary equipment.

**Date(s):** Mar. 12 - 15

**Days/Times:** Mon. - Thurs. / 8:30 am - 4:30 pm

**Cost:** \$1000

## Fundamentals of Wastewater Treatment - 4.0 CEUs

In this course, you will learn state-of-the-art wastewater treatment methods that utilize chemical, physical and biological principles. You will be introduced to the regulatory requirements, design concepts and associated operational techniques of wastewater treatment. In addition to classroom learning activities, work in a simulated lab environment will give you problem-solving experience in the areas of operation and maintenance of wastewater treatment systems and ancillary equipment.

**Date(s):** Apr. 9 - 13

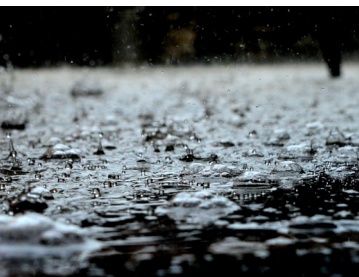
**Days/Times:** Mon. - Fri. / 8:30 am - 4:30 pm

**Cost:** \$1250

## Water and Wastewater Applied Project - 1.5 CEUs

In this course you will draw on and connect your knowledge of water and wastewater operations to solve problems using computer simulation and scenarios. You will complete written and verbal reports on your proposed solution to a scenario chosen from the areas of water distribution, water treatment, wastewater collection and wastewater treatment. The course structure will guide you through the topic selection, research, data analysis, and report preparation.

*Contact us for more information.*



# CUSTOMIZED TRAINING

## Commercial Driving

This course is a comprehensive commercial driving course that offers a refresher for individuals in need of load securement and transportation regulations. The course covers Provincial and Federal policies along with how to properly secure loads. This includes Pre and Post trip inspection, hours of service, safety fitness certificate and many other topics.

## Professional Development for Health Care Providers: Basic Life Support

Basic Life Support (BLS) is the foundation for saving lives after cardiac arrest. It is designed for healthcare professionals and trained first responders who provide care to patients in a wide variety of settings, and teaches both single-rescuer and team basic life support skills for application in pre-hospital and in-facility settings. Portage College offers both the BLS Provider Course and the BLS Renewal Course.

BLS Renewal course participants must have a current Heart & Stroke BLS course completion card (taken within the last 12 months and current to the most recent Guidelines release).

## Try on a Trade

Are you interested in the trades but do not quite know which one yet? Our week-long Try on a Trade program will provide you with hands-on experience in five trade areas. Training can take place on our campuses in Lac La Biche, Cold Lake, and St Paul or it may be delivered to your site or community.

***For detailed information about customized training and for pricing; call our Continuing Education office at 1. 888.745.0719.***





St. Paul







## HOSPITALITY & CULINARY

### Artisan Breads

Artisan breads are incredibly popular and widely appreciated for the variety of styles, textures and flavours. These well-made and handcrafted breads are replacing their heavily processed and mass-produced counterparts in popularity. This five day course will allow you to join our full-time Baking students to learn the science of bread making. Our artisan bread course will help you acquire the professional techniques and skills you need to produce small-batch, handmade bread from natural ingredients.

**Date(s):** Apr. 20 - 21

**Days/Times:** Fri / 5 - 9 pm & Sat / 10 am - 4 pm

**Cost:** \$100

### Balanced Nutrition

In this course you will be introduced to many of the important aspects of balanced nutrition and its effect on one's physical wellbeing and how to achieve those results.

**Date(s):** Apr. 20 - 21

**Days/Times:** Fri / 5 - 9 pm & Sat / 10 am - 4 pm

**Cost:** \$100

### Introduction to Cake Decorating

Does the art of cake decorating fascinate you? In this two day course of hands-on industry standards you will learn everything from filling and icing cakes to borders, flowers and writing. This course gives you the fundamentals required for cake decorating.

**Date(s):** Feb. 9 - 10

**Days/Times:** Fri / 5 - 8 pm & Sat / 9 am - 12 pm

**Cost:** \$100



## Cake Decorating

This five day course will allow you to join our full-time Baking students in hands-on industry standards training. You will learn from filling and icing cakes, to borders, flowers and writing. This course gives you the fundamentals required for the cake decorating.

**Date(s):** Apr. 6 - 8

**Days/Times:** Fri, Sat. & Sun. / 8:30 am - 4 pm

**Cost:** \$228

## Cooking on a Budget

The course will cover how to cook healthy meals within a limited budget. Participants will look at economical ways of cooking and making food go further to meeting a healthy sustainable diet.

**Date(s):** May 16 & 17

**Days/Times:** Tues. & Wed. / 5 - 9 pm

**Cost:** \$100

## Intro to Wine

Every time you open a bottle of wine, you embark on a unique journey. Yet for all its pleasures, wine can be mysterious and complex. Whether you're hosting a party, or simply having a glass with your dinner, unlocking the secrets of wine—its varieties, its language, the ways it's made, the techniques of tasting and shopping for it—is the key to heightening your appreciation of this intense and rewarding experience.

**Date(s):** Apr. 27 & 28

**Days/Times:** Fri / 5 pm - 9 pm & Sat / 10 am - 4 pm

**Cost:** \$150







*Your journey  
begins here.*

**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:

- North American Aboriginals
- Intro. to the History of Western Art I
- Organisms in Their Environment
- Principles of Ecology
- Physiology II
- Introductory Chemistry 2
- Technology Tools for Teaching and Learning
- Communications for Health Professionals
- Educational Psychology for Teaching
- Intro. to the Novel and the Short Story
- Canadian Literature to the Modernist Period
- Personal Health & Wellness
- Canadian History, 1867-Present
- Intro. to Calculus I
- Intro. to the Movement Activities of Children
- Intro. to Psychology
- Individual & Social Behaviour
- Developmental Psychology
- Intro. of Sociology
- Sociology of Aging

**For more information about courses in Cold Lake  
call: 780-639-7109. For Lac La Biche and St Paul  
call: 780-623-5575**





# C.A.L.P.

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
<b>Bonnyville Community Learning Council</b>	780-826-2150 bonnyvillelearning@incentre.net <a href="https://bonnyvillelearning.ca/">https://bonnyvillelearning.ca/</a>
<b>Buffalo Lake Métis Settlement</b>	780-689-4574 <a href="https://buffalolakems.ca/">https://buffalolakems.ca/</a>
<b>Cold Lake Community Learning Centre</b>	780-639-3134 coldlakeclc@gmail.com <a href="http://www.coldlakelearns.com/">http://www.coldlakelearns.com/</a>
<b>Elizabeth Métis Settlement</b>	780-594-5026 <a href="http://www.elizabethms.ca/">http://www.elizabethms.ca/</a>
<b>Elk Point &amp; District Further Education</b>	780-724-4101 f-e-c@telusplanet.net
<b>Fishing Lake Métis Settlement</b>	780-943-2661 headstart@fishinglakems.ca <a href="https://flms.ca/">https://flms.ca/</a>
<b>Kikino Métis Settlement</b>	780-623-7868 kikinosti@mcsnet.ca
<b>Lac La Biche Regional Awasisak &amp; Family Development Circle Association</b> <ul style="list-style-type: none"> <li>• Buffalo Lake Metis Settlement</li> <li>• Kikino Metis Settlement</li> <li>• Lac La Biche Head Start</li> </ul>	780-623-4742
<b>Lac La Biche Canadian Native Friendship Centre Association</b>	780-623-3249 tracy@llb-cnfc.com <a href="http://www.llb-cnfc.com/">http://www.llb-cnfc.com/</a>
<b>Lac La Biche Community Learning</b> Community Learning Facilitator	780-623-2477 llbpal@telusplanet.net <a href="http://classllb.ca">http://classllb.ca</a>



REGION	CONTACT INFORMATION
<b>Smoky Lake County Community Learning Council</b>	780-636-2024 <a href="mailto:coordinator@slcountyclc.ca">coordinator@slcountyclc.ca</a> <a href="mailto:familyliteracy@slcountyclc.ca">familyliteracy@slcountyclc.ca</a> <a href="http://www.slcountyclc.ca/">http://www.slcountyclc.ca/</a>
<b>St. Paul Family Literacy</b> (Portage College)	780-645-6368 <a href="http://www.stpaulfamilyliteracy.ca/">http://www.stpaulfamilyliteracy.ca/</a>
<b>St. Paul Community Learning Association</b>	780-614-6346 <a href="mailto:spcla@mcsnet.ca">spcla@mcsnet.ca</a> <a href="mailto:spcla@mcsnet.ab.ca">spcla@mcsnet.ab.ca</a>
<b>VegMin Learning Society</b> (Vegreville)	780-632-7920 <a href="mailto:vegmin@vegmin.com">vegmin@vegmin.com</a> <a href="mailto:admin@vegmin.com">admin@vegmin.com</a>
<b>Community Association for Lasting Success</b> (Vegreville)	780-632-3225 <a href="mailto:family@vcals.org">family@vcals.org</a>



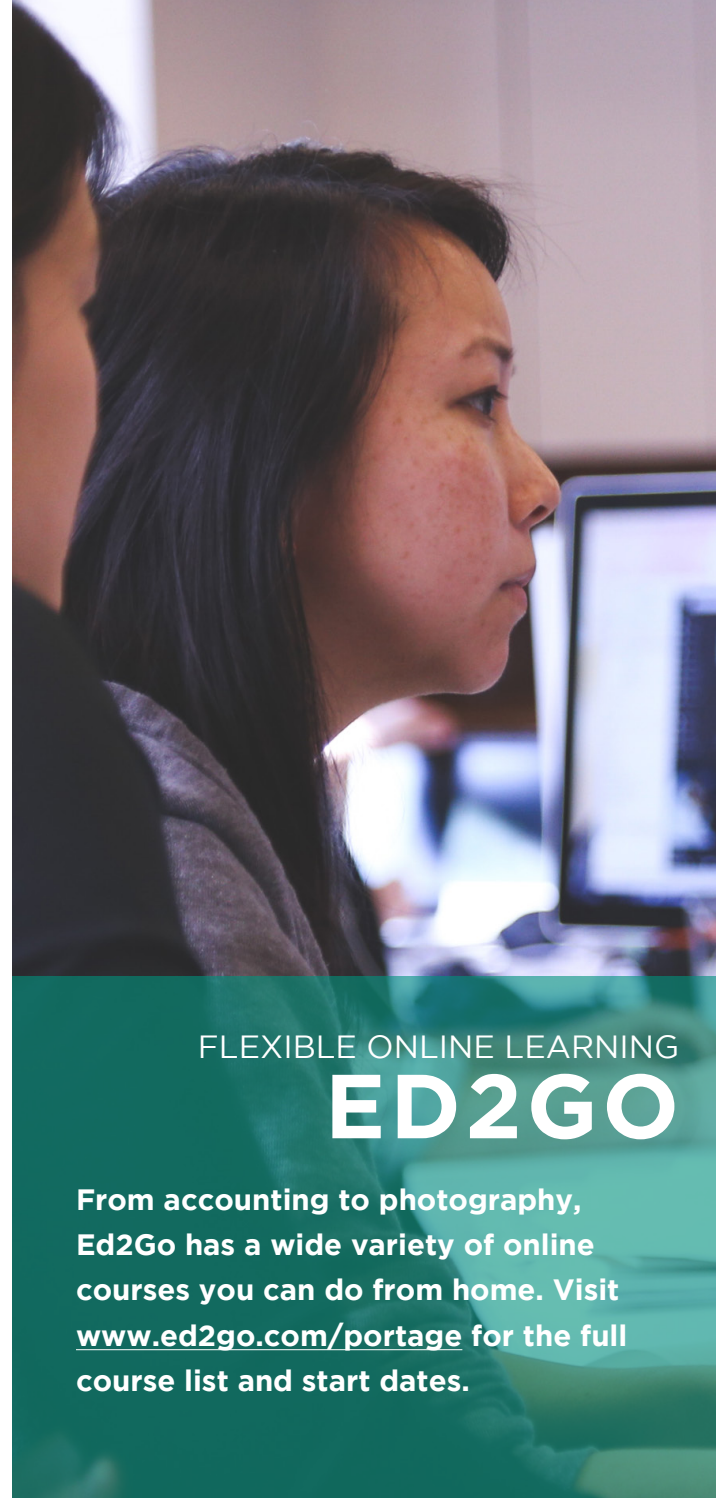
# CANADA-ALBERTA JOB GRANT

---

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.

- **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 100km one way

For more information, visit <http://www.albertacanada.com/employers/train/jobgrant.aspx>



FLEXIBLE ONLINE LEARNING

# ED2GO

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.





Toll Free: 1.888.745.0719  
Email: [training@portagecollege.ca](mailto:training@portagecollege.ca)  
Website: [portagecollege.ca](http://portagecollege.ca)

Twitter: [@PortageConEd](https://twitter.com/PortageConEd)  
Facebook: [/PortageCollegeContinuingEducation](https://www.facebook.com/PortageCollegeContinuingEducation)  
Instagram: [/portageconed](https://www.instagram.com/portageconed)