

Kankakee Community College

Continuing Education

www.kcc.edu/comejoinus



Spring 2023



Start your IT Career
with CompTIA
pg. 7, 32

PTSD Service
Dog Training
pg. 18



Come join us!



BARB
BANCROFT'S
FINAL
SEMINAR AT
KCC

Nursing through
the years -
A Salute to Nurses
pg. 11

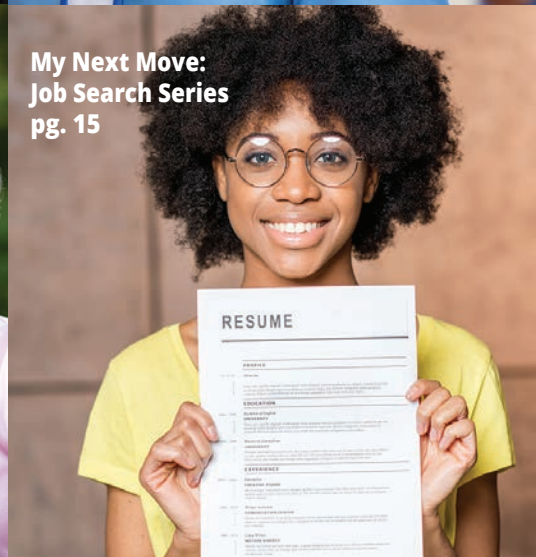


Introduction to
Bees & Beekeeping
pg. 18

Live Webinar:
Breathwork Healing
pg. 27



My Next Move:
Job Search Series
pg. 15



Kankakee Community College
**CONTINUING EDUCATION
& CAREER SERVICES**

**Your source for
continuing education
and career services
information**

***We're here.
Come join us.***

Visit us on the web
continuinged.kcc.edu

- Register for classes
 - Learn about conference facilities
 - See the latest news and courses being offered
-

View the most current
class schedule at
www.kcc.edu/comejoinus

Follow us on Facebook



/KCCContEd

Staff

Mary Posing, dean
mposing@kcc.edu

Debra Hoyer-Denson, director
815-802-8204
dhdenson@kcc.edu

Cesar Avalos, career services coordinator
815-802-8222
cavalos@kcc.edu

Erica Billington, administrative assistant
ebillington@kcc.edu
815-802-8206

Questions? Call us at 815-802-8206.

Fax: 815-802-8201

TTY users in Illinois: Phone Illinois Relay
at 711. Outside Illinois, the toll-free number
is 800-526-0844.

CONTENTS

Registration and other information 4

Registration form 5

Computer skills 6-8

Professional development 9-16

Personal enrichment 17-28

Adult Education & High school equivalency 29-31

Professional development credit

Kankakee Community College is an approved sponsor of continuing education for nurses; respiratory care practitioners; nursing home administrators; social workers; public accountants; licensed professional counselor/clinical counselor; athletic trainers; funeral directors and embalmers; physical therapists; occupational therapists; dieticians; and cosmetologists by the Department of Financial and Professional Regulation.

Certification credit for teachers

Kankakee Community College has been approved by the Illinois State Board of Education (ISBE) to provide professional development training for teachers in Illinois. Professional development (PD) hours are listed with other course information. Teachers wishing to receive PDs must indicate so at the time of registration.

This publication does not constitute a contract between KCC and its students, either collectively or individually. Course changes, modifications of fees, and other changes may occur after this publication has been printed and before these changes can be incorporated in a later edition. For this reason, the college does not assume a contractual obligation with its students for the contents of this publication.

Every effort is made to ensure that instructors are knowledgeable in the subject that they are instructing. The views, opinions and beliefs of the instructors do not necessarily reflect the opinions of KCC.

EQUAL OPPORTUNITY/AFFIRMATIVE ACTION

KCC is an equal opportunity/affirmative action employer and complies with applicable federal and state laws prohibiting discrimination, including Title IX of the Educational Amendments of 1972, Section 540 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. It is the policy of the college that no person on the basis of race, gender identity/ expression, sexual orientation, sex, genetic information, creed, religion, color, marital or parental status, veteran status, age, national origin, membership in any professional group, organization or association, socioeconomic status, mental or physical disability shall be discriminated against. This includes, but is not limited to admissions, employment, financial assistance, placement, recruitment, educational programs, or activities. Lack of English skills is not a barrier to admission and participation in educational programs. Inquiries or complaints may be addressed to David Cagle, director of human resources/Affirmative Action officer; Kim Jeffreys, director of support services/ Section 504 coordinator; Kankakee Community College, 100 College Drive, Kankakee, IL 60901-6505; 815-802-8100. TTY users may phone 711. Outside of Illinois, dial 1-800-526-0844.

Cagle ensures that the college is in compliance with the federal law by handling complaints, answering questions, organizing information and relevant statistics and staying informed regarding laws which affect these areas.

Jeffreys coordinates the college's services/programs for disabled student/staff populations that allow access to education.



5 WAYS TO REGISTER...

Online

Visit kcc.edu/comejoinus

- Sign up or login • Select a course
- Click on the date you want
- Add it to your cart
- Within the cart, checkout

In-person

Complete the registration form and bring it to the Welcome Center at KCC. Payment may be made at that time.

**In-person registration is open
8 a.m. - 5 p.m. Monday through Friday.**

Phone

Call 815-802-8206. Have your credit card number (Visa®, MasterCard® and Discover® accepted) or a purchase order ready. The TTY number within Illinois is 711. Phone registration hours are 8 a.m. - 5 p.m. Monday through Friday.

Mail

Complete the attached registration form and return it along with full payment to Continuing Education & Career Services, Kankakee Community College, 100 College Drive, Kankakee, IL 60901. Do not mail cash.

Fax

Complete the attached registration form and fax it to **815-802-8201, ATTN: Continuing Education & Career Services.**

If you register by fax, you must pay by credit card (Visa®, MasterCard® and Discover® accepted) or purchase order.

General information

If you have questions about our courses, please phone Erica Billington at 815-802-8206 or continuinged@kcc.edu. Unless noted otherwise, participants must be at least 16 years of age.

Pre-registration

Pre-registration is required. Registrations are processed on a first-come, first-served basis. Due to minimum enrollment requirements, you are encouraged to sign up at least seven business days before the first session. In all classes except online classes, once the minimum enrollment requirement is met, registrations will be accepted until the start date if space is available.

Registering a friend or co-worker

You may register yourself and others. A separate form (or online registration) must be submitted for each person. Information required for each person – such as address, and birth date – must be included.

Registration confirmation

KCC will send a confirmation of registration if it is requested. The confirmation will include a receipt, your beginning and end course dates, classroom location and any additional information.

Waiting lists

If the class you want to take is full, ask to be placed on a waiting list. If another class is opened, you will be contacted.

Instructor absences

Instructors rarely miss classes, but if a session is unexpectedly canceled, every effort will be made to contact you. However, since this often happens on short notice, a sign will be posted at the class location.

Weather cancellations

When KCC campus closes due to inclement weather, Continuing Education and Career Services classes are postponed. Classes canceled due to weather will be rescheduled. Visit www.kcc.edu/notify for information on notifications.

Cancellation policy

If a class must be canceled or changed by KCC, those who have enrolled will have the option of a full refund. The college will make every attempt to notify participants in advance of cancellations and changes. Refunds from credit card payments will be made in the form of a credit to the cardholder's account.

Withdrawal policy

Participants may withdraw and receive full refunds until two working days before the first session of class. After that point, no refunds will be given. Withdrawals are accepted by phone at 815-802-8206, 8 a.m. - 5 p.m. Monday through Friday.

Ed2Go Classes

New course sessions begin monthly.

To register:
www.ed2go.com/kankakeecc

- Find the course
- In the Enrollment Options area, click "Add to Cart" for the enrollment option you want
- To register, go to your shopping cart and click to Begin Checkout
- Log in or create an account
- Complete enrollment in the "confirm/submit" pages
- Payment made with KCC

Registration Form

KCC OFFICE OF CONTINUING EDUCATION & CAREER SERVICES

100 College Drive • Kankakee, IL 60901-6505 • 815-802-8206 • FAX: 815-802-8201

Unless noted in the course description, registration deadline is seven business days before the course begins. See Page 4 for registration options.

Today's date: ____/____/____

Registration for which term: Fall 20____ Spring 20____ Summer 20____

PLEASE PRINT.

Name: _____
LAST FIRST MIDDLE (FULL)

Previous last name(s): _____

Street address: ☐ Home ☐ Business _____

City: _____ State: _____ ZIP code: _____ County: _____

☐ Please mail a confirmation receipt. Unless this box is checked, a receipt will not be mailed.

Birth date: ____/____/____

Primary phone: ☐ Home ☐ Cell (____) _____
NUMBER

Alternate phone: ☐ Home ☐ Cell ☐ Work (____) _____
NUMBER

Business/Company name: _____

E-mail address: _____

Course Title	Start Date	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL FEES: \$ _____

Student's signature: _____ Date: _____

☐ Check enclosed, payable to Kankakee Community College.

☐ Please bill my company. A purchase order or voucher is attached.

☐ Please charge my credit card for the fees indicated above: ☐ MasterCard® ☐ Visa® ☐ Discover Card®

Card no.: _____ Exp. date: _____

In case of emergency, contact: _____ Phone: _____



IN-PERSON COURSES

Beginning Microsoft Excel

Excel has become the backbone that powers many organizations. Build your Excel skills in a half-day workshop for beginners. Gain hands-on experience and end your Excel frustrations by learning how to work with formulas and functions, entering and editing data, creating charts, formatting worksheets and much more. Practice while you learn the best features of this popular software package.

Instructor: Christina Smith.

Class note: Prerequisite is Introduction to Personal Computers or equivalent experience.

Friday, March 17

1-4 p.m. • KCC Room D122

\$89

Beginning Microsoft Word

Learn how to efficiently use the Word window; edit documents; move and copy text; distinguish between character and paragraph formatting; create and manage tables; control page layout features--including headers and footers, margins, and page breaks; and proof and print documents. Microsoft Office Specialist examination objectives will be covered.

Instructor: Christina Smith

Class note: Prerequisite is Introduction to Personal Computers or equivalent experience.

Friday, March 24

1-4 p.m. • KCC Room D122

\$89

Computer Skills

Register online at www.kcc.edu/comejoinus

IN-PERSON



Introduction to PowerPoint

Learn how to produce a professional-looking presentation. Begin with adding new slides, changing layouts, adding tables and inserting charts. You can also include animation, narration, images, videos, and much more in order to bring your presentation to life. **Instructor: Christina Smith.**

Friday, March 31

1-4 p.m. • KCC Room D122

\$89

Intermediate Microsoft Excel

Learn how to manipulate large worksheets; use multiple worksheets and workbooks; customize Excel; apply advanced formatting; use Excel as a list manager; perform advanced charting options; use auditing and comments features; and create and manage templates. Microsoft Office Specialist examination objectives will also be covered. **Instructor: Christina Smith.**

Class note: Prerequisite is Introduction to Microsoft Excel or equivalent experience.

Friday, April 14

1-4 p.m. • KCC Room D122

\$89

Intermediate Microsoft Word

In this course, you will learn to work with styles, sections, and columns; formatting tables; print labels and envelopes; create templates and use building blocks; work with graphics and objects; and manage document revisions. Microsoft Office Specialist examination objectives will be covered. **Instructor: Christina Smith.**

Class note: Prerequisite is Introduction to Microsoft Excel or equivalent experience.

Friday, April 28

1-4 p.m. • KCC Room D122

\$89

Microsoft Excel PivotTables & PivotCharts

This course is designed for people who would like to become experts in creating and using Excel PivotTables and PivotCharts. Learn how to build a pivot table, analyze data, customize your pivot tables and formulas, and turn your tables in charts. **Instructor: Christina Smith.**

Friday, May 12

1-4 p.m. • KCC Room D122

\$89





CompTIA Courses

CompTIA
Authorized Partner

CompTIA A+ Information Sessions

Are you interested in a career in computers but don't know where to begin? Attend this FREE information session, led by KCC's director of computer science, John Siergiej, as he shares information regarding KCC's new program, CompTIA A+.

Wednesday, Feb. 8
10-11:30 a.m. • KCC Room D122
FREE

Monday, Feb. 13
6:30-8 p.m. • KCC Room D122
FREE

CompTIA IT Fundamentals

Prove that you know today's technologies with CompTIA IT Fundamentals. From networking and cybersecurity essentials to hardware and software basics, IT Fundamentals demonstrates your readiness for the digital workplace. The CompTIA IT Fundamentals exam is designed to help you learn more about the world of information technology. This is an instructor-led program.

Mondays, Wednesdays & Fridays
Feb. 20 to March 8
9 a.m. - 1 p.m. • KCC Room D122
\$349, includes 12-month online access to CertMaster Learn and Labs, and CertMaster Practice; and an voucher for the ITF+ exam.

CompTIA A+ Core 1

Train with Official CompTIA products. The course covers what is needed to pass the CompTIA A+ Core 1 exam. CompTIA A+ is the industry standard for launching IT careers into today's digital world. It is the only industry-recognized credential with performance testing to prove pros can think on their feet to perform critical IT support tasks. It is trusted by employers around the world to identify the go-to person in end point management and technical support roles.

Instructor: John Siergiej.

Monday, March 27 - Friday, April 21
9 a.m.-1 p.m. • KCC Room D122
\$649, includes 12-month online access to CertMaster Learn and Labs, and CertMaster Practice; and a voucher for the A+ Core 1 exam.



CompTIA A+ Core 2

The CompTIA A+ course sequence is the perfect opportunity for you to taking the next step in advancing your career in information technology! You will train with official CompTIA products to get the knowledge and skills needed to pass the exam. Plus, you will get 12 months access to CertMaster Learn and Labs, and CertMaster Practice! Our instructor-led course will cover software, security and operational skills, installation and administration of operating systems, computer and operating system issues, and how to identify common security threats to computer resources.

Mondays, Wednesdays & Fridays
May 1 to May 31 (no class 5/19 & 5/26)
9 a.m. - 1 p.m. • KCC Room D122
\$649, includes 12-month online access to CertMaster Learn and Labs, and CertMaster Practice; and a voucher for the A+ Core 2 exam.



CompTIA A+ Core 1 & Core 2 – Online

This course will prepare you for CompTIA A+ certification after passing two exams. CompTIA™ A+ Certification is vendor neutral and internationally recognized, giving you a competitive advantage no matter what country you're working in and what hardware you're working with. While working on Core 1 and preparing for the CompTIA A+ Certification Exam 220-1101, you will learn about mobile devices, networking technology, hardware, virtualization and cloud computing, and network troubleshooting. While working on Core 2 and preparing for the CompTIA A+ Certification Exam 220-1102, you will learn about installing and configuring operating systems, expanded security, software troubleshooting, and operational procedures. Includes one year of access to CertMaster Learn + Labs. Vouchers for CompTIA™ certification exams (CompTIA 220-1101 and 220-1102) are available for an additional charge.

\$975, includes one test voucher.

NEW - Introduction to Microsoft Project 2019 / Office 365 - Online Course

Learn to effectively plan, implement, and control projects using Microsoft Project 2019/Office 365. This course will help you master the basics to create and share a project schedule, track costs and resources, produce reports, and resolve problems to keep your projects on track.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$129

NEW - Getting Started with Google Workspace - Online Course

More and more businesses are switching to Google Workspace for their business documents and communications. Are you ready? In this course, you will get experience with nine great Google apps for business and personal use, including Gmail, Docs, Sheets, and Slides, and learn how they all work together in a seamless suite.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$139

Introduction to QuickBooks Online - Online Course

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

Register online at www.kcc.edu/comejoinus

IN-PERSON



Computer Skills for the Workplace - Online Course

Confidently apply for jobs knowing that you possess the computer skills needed to perform on the job. This course includes a great introduction to Windows 10 and Office 365 to provide the fundamental computer competencies you need to prosper in a modern workplace. New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

NEW CERTIFICATE PROGRAMS

You can earn these certifications and share that you have achieved specialized knowledge.

Computer Basics Certificate

4 classes

Take these 3 classes:

- Beginning Microsoft Word
- Beginning Microsoft Excel
- Introduction to PowerPoint

Choose 1 of these classes:

- Intermediate Microsoft Excel
- Intermediate Microsoft Word
- Microsoft Excel PivotTables & PivotCharts

Advanced Computer Certificate

4 classes

Take these 2 classes:

- Intermediate Microsoft Word
- Intermediate Microsoft Excel

Choose 2 of these classes:

- Advanced Microsoft Excel
- Advanced Microsoft Word
- Microsoft Excel PivotTables & PivotCharts

Learn more
about **Leadership
Management
Institute** on
Page 8.

Effective Leader Certificate

Take any 6 of these classes through the Leadership Management Institute:

- Multi generational Workforce
- Leadership Management Institute: Conflict Resolution
- Leadership Management Institute: Goal Planning
- Continuous Improvement
- Coaching for Peak Performance
- Project Management Fundamentals
- Effective Communication for Leadership
- Change Management
- Leading People and Departments
- Priority Management
- Effective Communication

Learn more and register by phone: 815-802-8206

To find classes and register online, go to kcc.edu/comejoinus > Sign up or login >
Find the course and select it >Click on the session you want under "Available Sessions" >
Add it to your cart > Within the cart, checkout

**To receive your certificate or to evaluate the classes you need,
phone 815-802-8206 or email continuinged@kcc.edu.**



Professional Development -Leadership Management Institute

Diversity and Inclusion for Leaders

"Diversity is getting invited to the party. Inclusion is being asked to dance." - Verna Myers. Organizations need to think deeper and differently about their approach to creating an inclusive culture. In this interactive workshop, you will explore what creating an inclusive culture really looks like and why it matters. The ideas from this workshop will set the stage for you to return to your organization and begin having more effective discussions to achieve an inclusive culture.

Wednesday, Feb. 15

9 a.m.-noon • KCC Room D124

\$149

Developing a Trusting Culture

Trust is such a crucial element to building lasting relationships, yet it is often talked around or not at all by leaders. The level of trust followers have in their leaders is built on a foundation of the leader's skills—both hard and soft skills—to the point that followers can comfortably rely on their leaders to do what they say they will do. Participants will learn strategies to foster a culture of trust within their teams.

Wednesday, March 15

9 a.m. - noon • KCC Room D124

\$149

Decision-Making and Problem Solving

Decision-making and problem-solving are often used interchangeably when they are, in fact, two separate but related topics. Decisions are judgement calls made as a part of navigating the problem-solving process. In this workshop, you will explore and understand the difference. You will also learn to effectively leverage your decision-making to successfully navigate the problem-solving process. Both require critical thinking. Lastly, you will explore the key obstacles to effective decision-making as well as some of the most common biases that influence effective decisions.

Wednesday, April 19

9 a.m.-noon • KCC Room D124

\$149

Continuous Improvement

In the current business environment, anything that doesn't evolve gets left behind. This is true of business processes, skills, competencies and tools used to support continuous improvement. This workshop is geared to those who are not in professional process improvement roles. You will learn the seven wastes that typically exist in business processes, and how to minimize waste in your area of operation. Regardless of one's role in the organization, there will be tools and ideas that can be put into practice immediately, with no cost for implementation.

Wednesday, May 17

9 a.m.-noon • KCC Room D124

\$149

Tackling Employee Turnover

This short course will review the current status of turnover with specific references to various industries, generational mindsets when it comes to career aspirations, and the various methods of calculating turnover for use as a key performance indicator. Participants will spend time reviewing turnover trends, the top 10 root-causes for turnover, and associated costs of turnover for various levels of the organizational chart.

Tuesday, March 28

9 a.m. - noon • KCC Room D124

\$149

MEET YOUR INSTRUCTOR

Rick Lochner

is an accomplished coach, facilitator, college professor, keynote and workshop speaker, author and—foremost—a leader. His vision is to help business owners, corporate and non-profit teams and individual professionals make leadership a way of life. Lochner grew up in a military family. During the 20 years his father was in the Army, the family moved 26 times. Lochner learned to adapt quickly to changing environments, and from an early age became a very goal-driven individual. Lochner has over 30 years of leadership experience in the military, fortune 100 companies, and through his own entrepreneurial and non-profit ventures. Lochner is the author of "The Missing Piece - Achieving Sustainable Success through Business Alignment."



These courses count toward the **Effective Leader Certificate** offered through KCC's Office of Continuing Education and Career Services. Complete any six Leadership Management Institute classes to earn the Effective Leader Certificate.



IN-PERSON COURSES

CPR Health Care Provider

This course provides the information, training, demonstration and practice necessary to pass the CPR Health Care Provider written examination and perform adult, child and infant cardiopulmonary resuscitation acceptable to the American Heart Association (AHA). **Instructor: Sheree Wertz.**

Class notes: After successful completion, participants will receive an AHA BLS Healthcare Provider Course Completion Card. Cards are valid for two years. Class book can be picked up prior to class in KCC's Welcome Center. Books also will be available at class. No refunds are given after the registration deadline.

Tuesday, Feb. 7
8 a.m. - noon • KCC Room D151
\$105

Thursday, March 2
5-9 p.m. • KCC Room D151
\$105

**Go far
without your car!**

Ed2Go online courses are convenient,
affordable and effective.

**www.ed2go.com/
kankakeecc**

Professional Development

Register online at www.kcc.edu/comejoinus

IN-PERSON



Food Safety Manager Certification: ServSafe Course & Exam

Illinois regulations require food establishments to have at least one certified food protection manager (CFPM) on staff. This course uses the ServSafe examination, which is approved by the National Restaurant Association and accredited by the American National Standards Institute. You will learn about basic food safety, personal hygiene, receiving and storage, food safety management systems, training hourly employees, cross-contamination and allergens, time and temperature, and cleaning and sanitation. Certification is required every five years. **Instructor: Joshua Head.**

Class notes: Exam retakes are an additional fee. Payment is required prior to retake. Contact our office at 815-802-8206 if you need to schedule a retake exam.

Saturday, March 25
8 a.m. - 5:30 p.m. • KCC Room D123
\$154, includes handout & exam.

Wednesdays, April 12 & 19
5-9 p.m. • KCC Room D123
\$154, includes handout & exam.



**Visit KCC's
Welcome
Center
to register for
Continuing
Education classes.**

Leading Successful Group Therapy Sessions

Disproportionately, behavioral health specialists do their work in groups. Group therapy is cost effective, time effective and when facilitated well, can produce amazing results! This seminar will focus on 10 things the best group counselors do, including: build group cohesion; select members well; base interventions on the stage of group development; manage group conflict; work with difficult group members; integrate mandated group members; utilize effective group activities; integrate music into group counseling; and work with groups with multicultural membership. This presentation offers valuable tools for new and experienced group facilitators! **Instructor: Mark Sanders.**

Class notes: Three (3) contact hours will be awarded to social workers and counselors upon successful completion. IAODAPCA contact hours have been applied for and are pending.

Thursday, April 13 • 9 a.m. - noon
KCC Conference Hall
\$49

Mark Sanders, LCSW, CADC



is a speaker on behavioral health topics whose presentations have reached thousands throughout the U.S., Europe, Canada, the Caribbean and British Islands. He is the author of five books, and the most recent is "Substance Use Disorders in African American Communities: Prevention, Treatment, and Recovery," (2013). He also has had a story published in the New York Times bestselling book series, Chicken Soup for the Soul.

MEET YOUR INSTRUCTOR

Women's Health Issues

Women have made huge strides when it comes to taking control of their health and wellbeing. Join us as Barb Bancroft takes us through the journey of women's health. She will discuss everything from mental health, reproductive health, weight issues, and cardiovascular and neurologic concerns. Have we come a long way? Yes. But, there's still much work to do! Become empowered on all the essential issues every woman should know to help yourself, your mother, your sisters, and your patients. **Instructor: Barb Bancroft.**

Class note: Three (3) contact hours will be awarded to nurses, social workers and counselors upon successful completion.

Wednesday, March 8

9 a.m. - noon • KCC Iroquois Room

\$49

Barb Bancroft's Final Seminar at KCC

Nursing through the Years – A Salute to Nurses

Join us for the final seminar at KCC from Barb Bancroft - a nursing expert with 50 years of experience! Showcasing a 50-year journey of nursing, Barb will cover a vast array of topics. She will be discussing new diseases, name changes, clinical pathways, procedures and contrasting previous clinical practices with today's models and systems. Secure your spot today and join us in honoring all nurses! This will be an educational and entertaining journey through the changes in nursing over the last half century. This seminar will sell out. Don't delay, register now.

Instructor:

Barb Bancroft.

Class note: Three (3) contact hours will be awarded to nurses, nursing home administrators, social workers and counselors upon successful completion.

Thursday, May 4

9 a.m. - noon • KCC Iroquois Room

\$49

MEET YOUR INSTRUCTOR

Barb Bancroft, RN, MSN, NP,



has provided more than 2,800 continuing education events on clinical topics pertaining to pathophysiology, physical assessment, and pharmacology to health care professionals throughout the U.S. and Canada. She has been the motivational keynote speaker on health maintenance topics for numerous nursing associations, medical associations, dental associations, and corporate groups and events. Bancroft is the author of four books: "Medical Minutiae," a humorous look at the fields of medicine and nursing; "An Apple a Day: The ABCs of Diet and Diseases"; "Live a Little, Laugh a Lot"; and "Kiss My Asparagus! An Essential Guide to Nutrition's Role in Health and Disease."

Bonus!

Participants are invited to a free luncheon after the presentation to celebrate Nurses Week. Lunch provided by the KCC Alumni Association. You can sign up for the lunch when you sign up for the seminar.

Sexual harassment prevention training

Reminder: All Illinois professional licensees requiring continuing education credits are also required to complete a one-hour continuing education course in sexual harassment prevention training. Course must be completed by the license renewal deadline.

KCC is offering this course in conjunction with Clove Alliance

Sexual Harassment Prevention - Live Webinar

This training meets the standards and guidelines for sexual harassment training that is required for all employers in the state of Illinois. Learn what sexual harassment is and what behaviors constitute sexual harassment. Topics include sexual harassment laws, responsibilities of employers and protections for employees regarding sexual harassment in the workplace. Become equipped with information regarding employee rights in the workplace regarding sexual assault and the information needed to file a report.

Class note: Upon successful completion, 1 contact hour will be awarded to nurses, nursing home administrators, social workers, counselors, respiratory technicians, occupational therapists, physical therapists, and dietitians. This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Wednesday, Feb. 22 • 10-11 a.m. \$20



Sponsored by: Clove Alliance and KCC.

Cannabis Pharmacology: The Good, The Bad, The Ugly - Live Webinar

Review concepts related to the pharmacology of cannabis, including effects on the body and brain chemistry; review the diagnostic criteria for cannabis use disorder; treatment considerations; and information about medical marijuana. This webinar is appropriate for alcohol and drug counselors, therapists, and registered nurses.

Instructor: Peggi White.

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Class notes: Upon successful completion, 3 hours will be awarded to nurses and counselors.

*IAODAPCA contact hours have been applied for and are pending.

Thursday, Feb. 23

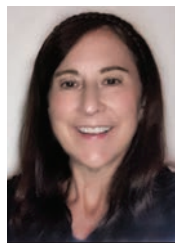
9 a.m. - noon

\$49

MEET YOUR INSTRUCTOR

Peggi White

holds a number of licenses and certifications, including full practice authority nurse practitioner in Illinois; alcohol and drug counselor, certified by the Illinois Alcohol and Other Drug Abuse Professional Certification Association; master addiction counselor by National Association for Alcoholism and Drug Abuse Counselors. Peggi has been a registered nurse for 40 years, and is retired from a large group practice after 30 years of pioneering the role of the nurse practitioner in addiction medicine and addiction psychiatry. She has experience in inpatient, partial hospital, dual diagnosis, and outpatient therapy as well as addiction psychiatry. For 12 years, Peggi treated elite college athletes from multiple sports as a member of the mental health team for the University of Illinois at Urbana-Champaign. Peggi has advocated for, and educated, health professionals about addiction medicine both locally and nationally. She has been an invited lecturer at Nurse Practitioner Associates for Continuing Education conferences and the National Rural Institute on Alcohol and Drug Abuse. Peggi provides services as an independent contractor through Kleppin and Associates therapy practice in Champaign. She is also a doctoral graduate student in nursing practice at Wichita State University in Kansas.



Implicit Bias Awareness - Live Webinar

Effective Jan. 28, 2022, all licensed mental health and healthcare professionals, (including social workers, counselors, nurses, nursing home administrators, physical therapists, occupational therapists, dietitians, and respiratory therapists) must attend a one-hour training on Implicit Bias Awareness. Implicit Bias is an unconscious belief system based on stereotypes (e.g. racial, gender) that inadvertently influences one's attitudes and behaviors toward members of certain groups in ways in which one may not be aware. This webinar meets the criteria set forth by Illinois House Bill 0309. Upon successful completion, one (1) contact hour will be awarded to nurses, nursing home administrators, counselors, dietitians, social workers, respiratory technicians, occupational therapists and physical therapists. **Instructor: Shira Greenfield.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Wednesday, March 15

Noon - 1 p.m.

\$20



Upskill your employees

Online & in-person training offered.
Stay ahead of the competition.
Improve Return on Investment.

Types of training:

- Leadership and supervision
- Technical/industrial/hands-on

Empower your team! Use KCC's customized training and consultation services.

**Get started by emailing
mposing@kcc.edu**

**Interested in
teaching a
class?**

Contact:
dhdenson@kcc.edu

INDUSTRY

These are live events. Within 24 hours of the webinar, you will receive an email with a link to the session.
All participants require an email address and a device with internet access and a web camera.

Certified Lean Six Sigma Yellow Belt - Live Webinar

This live webinar series is designed for team leaders, supervisors, and managers and includes 14-hours of self-study. You will learn how to make data-driven decisions, solve problems and identify and remove wastes. This overview will build awareness and understanding of Lean Six Sigma concepts and tools.

Tuesdays, March 7 & 21

1-4 p.m. • \$600

Tuesdays, April 4 & 18

1-4 p.m. • \$600

Certified Lean Six Sigma Green Belt - Live Webinar

Learn core tools and methods to lead improvement projects and teams all while driving results. This live webinar series is designed for managers, analysts, engineers, techs and quality and continuous improvement staff. It also includes 28-hours of self-study. Once implementation of six sigma methods have occurred, leaders see 20%-25% improvement of their time and delivery on projects each year. This unique course design provides readiness to analyze quality problems and incorporate concepts.

Thursdays, March 9 to April 20

1-4 p.m. • \$1,700

Lean and 5S Overview - Live Webinar

In this live webinar you will learn the basics of lean and a new way to see your processes. This class also includes 8-hours of self-study. You'll learn about types of wastes and common tools to overcome them, including how to implement 5S. This session is great for departments wanting to implement 5S in the near future.

Thursday, March 23

Noon - 1 p.m. • \$210

Fundamentals of Problem Solving - Live Webinar

Learn how to work backward from symptoms to root causes and develop effective solutions that can stop problems from recurring. Learn how to stop dealing with the same symptoms and "firefighting" day in and day out. This class also includes eight-hours of self-study.

Thursday, March 23

10-11 a.m. • \$300

KCC Spring Job Fair

Thursday, April 13
9 a.m. - noon
KCC College Center,
Riverfront Campus

Employers:

- Participation is FREE
- Space for 60+ businesses
- Employer registration: kcc.edu/jobfair

Job Seekers:

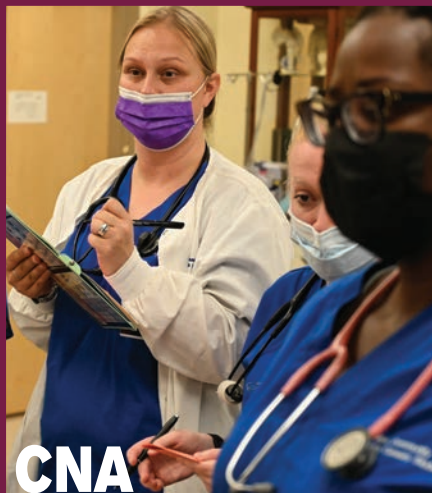
- FREE and open to the public
- Bring multiple copies of resume
- Dress for success: on-site meet & greet with potential employers



**Please dress
professionally**

See current list of participating employers at www.kcc.edu/jobfair

For more information, phone 815-802-8222 or email cavalos@kcc.edu.
Sponsored by KCC's Charlton Career Center – Where connections are made



CNA Re-Certification

A process for those who are no longer on the Illinois Health Care Registry.

There are 4 steps to re-certify:

1. Go to: nurseaidetesting.com/recertification-online-form/. Fill out the form and submit it.

2. Call 877-262-9259 to provide your name and Social Security number which match information already submitted online.

You will receive a confirmation letter and booklet

3. Schedule a date and time to complete the manual skills test with an approved evaluator. The cost is \$199. To schedule with KCC, phone the Office of Continuing Education and Career Services at 815-802-8206.

Upon successful completion of the manual skills test, you will receive an email that directs you online.

4. Go online to verify your eligibility, create an account, and purchase a seat for the written exam. The cost of the written exam is \$75.

Once you pass the written exam, the results will be posted the following month at

hcwrpub.dph.illinois.gov

Opioid Pharmacology and the Opioid Epidemic - Live Webinar

Review concepts related to the pharmacology of opioids, including opioid chemistry and neuroanatomy, detoxification and withdrawal, diagnostic criteria for opioid use disorder, medication assisted treatment, and naloxone. This webinar is appropriate for alcohol and drug counselors, therapists, and registered nurses.

Instructor: Peggi White.

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Class notes: Upon successful completion, 3 hours will be awarded to nurses and counselors.*IAODAPCA contact hours have been applied for and are pending.

**Thursday, March 30
9 a.m.-noon
\$49**

Certified Digital Marketing Professional Information Session – Live webinar

Are you ready to jump-start your career or upskill your current skillset in digital marketing? We've got the perfect course for you! Our virtual information session will take you through the course outline on becoming a certified digital marketing professional. Our online professional certificate teaches all aspects of web marketing, from search engine optimization to mobile marketing, email marketing, and more. If you're a beginner, business owner or looking to up your marketing skills, join us and learn how to get started in this course!

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

**Thursday, April 23
2 p.m.
Free, but registration is required.**

ONLINE
COURSES

A to Z Grant Writing - Online Course

Learn the ins and outs of grant writing from a veteran grant writer. This course provides students with hands-on experience and knowledge to successfully begin writing grant proposals, including real-world scenarios, and the opportunity to improve your work by reviewing previous grant proposals completed by peers.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

A to Z Grant Writing II: Beyond the Basics - Online Course

Take your grant writing expertise to the next level as you learn how to get funding. This course will equip you with the skills you need to research funding sources, create a fundraising plan, and write winning grant proposals.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

Certificate in Pain Assessment and Management - Online Course

Pain assessment and management is a crucial part of patient care. This course provides relevant and practical expertise in various methods of pain assessment, management, and treatment in adults, children, and the elderly.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$120

Certificate in Violence Prevention and Awareness - Online Course

Designed for medical professionals, this online course offers important insights into the signs of violence that may be presented by patients in a healthcare setting.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$100

Certificate in Stress Management - Online Course

Understand strategies and therapies used to reduce and manage stress. This course will help you explore the physiological, social and psychological impacts of stress and provide you with methods to get stress under control.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$100

Certificate in Meditation - Online Course

Learn how to intentionally train your attention and concentration for effective meditation. In addition to meditation techniques, this course also will help you discover how meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall health.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$100

Certificate in Integrative Behavioral Health - Online Course

Learn a groundbreaking, holistic and integrative approach to treating mental health problems. This course will provide complementary methods of care which are combined with medications and psychotherapy to effectively address the physical, psychological, and spiritual needs of individuals with a variety of mental health conditions.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$215

Certificate in Food, Nutrition, and Health - Online Course

Gain insight into how food interacts with your body and how to make healthy changes for better nutrition. This course provides a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$160

Utilize your skills from this series of seminars during KCC's Spring Job Fair Thursday, April 13 • 9 a.m. - noon

My Next Move: THE JOB SEARCH SERIES

FREE workforce preparation seminars

Enhance your marketability & career skills

***Become more effective as you
navigate your job search***

An Employer Point of View: Presentability, Workability & Dependability

Success in today's job market requires a well-balanced relationship between employees and employers. In this workshop, we will discuss the qualities that employers look for in presentable, dependable, dedicated employees.

Wednesday, Feb. 22 • 1-3 p.m. • KCC Room D123

Résumé Development

Learn the basics of today's résumé. This includes the information that should be included on to your résumé, and the reasons it should be included. You will create a résumé draft during this seminar using Microsoft Word.

Thursday, March 2 • 1-3 p.m. • KCC Room N200

Interviewing

This workshop will help you approach your next interview with increased confidence by building upon your current interview skills. You will learn tips on how to ace your next interview.

Thursday, March 30 • 1-3 p.m. • KCC Room D124

Strategic Job Hunting

Learn to leverage digital resources during your job search. Expand your network and search potential employers by using social media, Handshake, Career Coach and LinkedIn.

Thursday, April 6 • 1-3 p.m. • KCC Room N200

Learn more from KCC's Career Services Center

Cesar Avalos 815-802-8222

Email: cavalos@kcc.edu

The Charlton Career Center connects students, graduates and community members to employment opportunities. The center offers workshops for career preparation, interview and job skills; and facilitates internship opportunities. Resume reviews and mock interviews are also offered. Employers can partner with the career center to advertise jobs using a variety of online tools. Dedicated spaces for interviews is available. All services are free and open to the community. More information is online at www.kcc.edu/careerservices/.



Train Online for Industry-recognized Certification

Many business sectors have industry-recognized certifications to recognize people with adequate skills and specialized knowledge. Certifications are a benchmark for entry into and advancement in specific industries.

Differentiate yourself with courses that align to valuable certifications.

Business

Professional in Human Resources (PHR)*
Certificate in Mediation and Arbitration
Certified Quality Auditor
Certified Quality Engineer
Certified Indoor Air Quality Manager
Certified Six Sigma Green Belt
Lean Six Sigma Black Belt
Lean Six Sigma Black Belt with 1-on-1
Project Coaching
Lean Six Sigma Green Belt
Lean Six Sigma Yellow Belt
Learn Six Sigma Champion

Accounting

Accounts Payable Specialist Certification
Accounts Payable Manager Certification
Certified Bookkeeper

Medical

Patient Care Technician
Medical Office Manager (CPPM)

Technology

CompTIA Advanced Security Practitioner
(CASP)
Certified Ethical Hacker

GRAPHIC ARTS

Adobe Certified Professional • Certified Residential Interior Designer

For info & registration, visit: careertraining.ed2go.com/kcc/.
New sessions begin monthly.

*For Professional in Human Resources (PHR) only, visit:
kankakeecc.theknowledgebase.org/

Teaching Students with Autism: Strategies for Success - Online Course

Learn how to help your students with high-functioning autism and Asperger's Syndrome unlock their full learning potential. This course will help you develop the knowledge and strategies you will need to ensure your students with autism succeed in the classroom and beyond.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$115

Start Your Own Small Business - Online Course

Learn how to transform your passion and talent into a viable small business. This course will teach you everything you need to know to start your very own small business: financing, marketing techniques, employee management, policy writing, and time management.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$115

Small Business Marketing on a Shoestring - Online Course

Discover how to use the same marketing tricks the big companies employ and create a personalized plan without clearing out your bank account. This course will help you master cost effective marketing strategies that provide results with hands-on activities and real-world examples.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$115

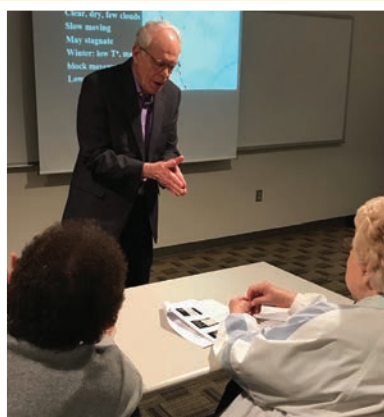
Creating a Successful Business Plan - Online Course

Turn your business ideas into a solid plan for financing and long-term success. This course will guide you through all the major components of writing a business plan. You'll emerge with your first draft in hand.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$115



Kankakee Community College Lifelong Learning Institute



Spring kick off
Friday, March 31
10 a.m.
KCC Iroquois Room

Guest speaker:
Bob de Oliveira
Ready to be inspired?

Join us to learn about
Bob de Oliveira's incredible spiritual
pilgrimage from Portugal to
Santiago de Compostela, Spain...
covering 140 miles in 7 days.

Curiosity never retires!
For active people ages 50 and better.

Spring classes start in April

Details at www.kcc.edu/LLI or phone: 815-802-8206



IN-PERSON COURSES

PTSD Service Dog 101

This course is for honorably discharged U.S. Veterans diagnosed with post-traumatic stress disorder who want to learn how to train their own medically necessary PTSD service dog. Participants are taught learning theory and beginning dog training skills for best practices based on ethical, empirical methods. Students do not bring their own dogs to any lessons; American Veterans Service Dog Academy will provide service-dogs-in-training for applied practices. Veterans who do not have a service dog can apply to adopt an AVSDA service-dog-in-training.

Class note: Documentation, dog requirements, and options are completing this course are online.

Saturdays, Jan. 21 to May 6

(Late registration offered; no class March 11)

**8:30-11 a.m. • KCC Room R107
FREE**

PTSD Service Dog 201

This course is for honorably discharged United States Veterans diagnosed with Post-Traumatic Stress Disorder who want to learn how to train their own medically necessary PTSD Service Dog. Students who have completed the PTSD Service Dog 101 course will participate in continuing, advanced, hands-on training. Future-service dog puppies and adult dogs are provided by the course instructors for training practices. Training emphasizes public access skills and PTSD tasks.

Saturdays, Jan. 21 to May 6

(Late registration offered; no class March 11)

**Noon - 2:30 p.m. • KCC Room R107
FREE**



Service Dog Care and Husbandry

Enrolled students learn about service dog development, daily care, grooming, basic veterinary care, and first aid. Students' dogs do not attend; instructors will provide dogs for hands-on practice. To enroll, students must have completed PTSD Service Dog 101.

Saturdays, Jan. 21 to May 6

(Late registration offered; no class March 11)

(no class March 11)

**11 a.m. – noon • KCC Room R107
FREE**

Palmistry for Beginners

Palmistry is the fascinating, ancient practice of fortune-telling by "reading palms." This introduction will include the meanings of the various shapes, lines, and markings found on the palms of hands. You will learn how to identify the markings associated with different personality types and traits, and be shown the basics of palm reading. You will take home a custom illustrated "tip sheet" to help you read palms. **Instructor: Jeffrey Sternickle.**

Saturdays, Feb. 11 & 18

**9 a.m. - noon • KCC Room D123
\$60**

Personal Enrichment

Register online at www.kcc.edu/comejoinus

IN-PERSON



Introduction to Bees & Beekeeping

Considering beekeeping, but you want to learn more before you invest? Did you just buy your bees and equipment? Do you have experience in beekeeping, but you are not confident in what you need to do? If you answer "yes" to any of these questions, then this class is for you! This class will focus on the principles of beekeeping. Learn the history of beekeeping, honeybee biology, plant and pollinator relationships, and essential equipment and requirements. By the end of this class, you will be ready to work your own colony the first year and be able to help experienced beekeepers with their hives. *This class is sponsored by the Midwest Master Beekeeper Program and KCC. **Instructor: Michael Long.**

Saturday, Feb. 18

**8 a.m. - noon • KCC Room D124
\$65**

Saturday, March 18

**8 a.m. - noon • KCC Room D124
\$65**

Apprentice Beekeeper

This is a continuation of the Introduction to Bees and Beekeeping class. You will dive into more details on honeybee biology, pests, diseases, economics and management.

Saturday, April 22

**8 a.m. - noon • KCC Room D124
\$65**



Relax with Candlelight Yoga

Celebrate the end of February with peace! Join Chris Burch for two evening yoga classes by candlelight. Melt away the tension with mindfulness and relaxation while surrendering into a positive space with a glowing ambiance. Candlelight helps focus the mind, release stress and reset your energy. Class begins with a slow flow to warm your body, open your joints and to deepen your breath. This class is for people with all levels of yoga experience.

Instructor: Chris Burch.

Class note: Bring a yoga mat and/or towel; and wear comfortable clothes.

Tuesdays, Feb. 21 & 28

5:30-6:30 p.m. • Room N105 at KCC's North Extension Center In Bradley
\$25

Introduction to Intuitive Eating

If you are sick and tired of trying (and failing) at diets that do NOT work long-term, then you have hit diet rock bottom! You know diets do not work, but you also feel as if you have a poor relationship with food. You wish you could learn to eat "normally" without feeling out of control around food or guilty for eating. Intuitive Eating is an evidence-based, anti-diet approach that will help you make peace with food once and for all. **Instructor: Emily LaVoie.**

Thursday, Feb. 23

6-8 p.m. • KCC Room D123
\$60

Ukulele

Get started with the ukulele by learning basic chords and strum patterns at a pace designed for first-time players. This class is for those who have never played an instrument before. You'll learn the basics of chords, strum patterns, finger picking, music notation and songs. Even if you've tried guitar and thought it was too hard, you'll be surprised by how soon you're playing songs on the ukulele. **Instructor: Tammy Cantrell.**

Class note: Bring your ukulele, tuner and picks.

Mondays, March 13 to May 1
5:30-6:30 p.m. • KCC Room D123
\$150

Group Guitar

This is an introductory course to playing guitar in a group setting, intended for students without prior knowledge of the instrument. You'll learn music notation and tablature for guitar, fingering for basic open chords, interpreting basic chord symbols, right hand strumming techniques and styles, playing simple song melodies, use of chords as accompaniment, and right hand picking technique. You'll also learn how to tune and basic instrument maintenance.

Instructor: Tammy Cantrell.

Class note: Bring your guitar, tuner and picks.

Mondays, March 13 to May 1
6:30-7:30 p.m. • KCC Room D123
\$150

Spanish Interpretation: Community Interpreting

Interpreters are needed in public service areas. If you love helping people, have a good ear for language and can speak Spanish, you should consider working as a Spanish interpreter. Individuals unable to communicate in English or with limited English proficiency often cannot gain access to services and are at considerable risk for receiving inappropriate care because of the language barrier. This course teaches the skills necessary to become an effective interpreter including skits and plenty of practice. Participants must be fluent in both English and Spanish before enrollment.

Instructor: Guadalupe Sorich.

Wednesdays, March 15 to April 19
6-9 p.m. • KCC Room D124
\$99

Kankakee River Watershed Conference

The Kankakee River is an essential natural resource for the health and vitality of our area. Sustainable stewardship of this remarkable asset is of concern to multiple interests. This conference will bring together all stakeholders for a day of education, conversation and networking. The program will include sessions of critical interest to shareholders from Illinois and Indiana, and Kankakee and Will counties. Presentations are planned from a range of scientists, government agencies, agriculture, and community organizations.

Friday, March 10

8:30 a.m.-4:30 p.m. • KCC Room L110
FREE, but registration is required.

2023
KANKAKEE RIVER



WATERSHED CONFERENCE
THE TIME IS NOW



Dealing with Weight Gain in Menopause

It is common for the size, shape, and weight of a person's body to change during menopause. However, just because it is common, that doesn't mean it is easy. If you are struggling with the changes your body has experienced, and are feeling uncomfortable in your new body, you are not alone. This class is for YOU if you are ready to learn to love your body through its changes, including hormonal changes associated with menopause. **Instructor: Emily LaVoie.**

Wednesday, March 22
6-8 p.m. • KCC Room D123
\$60

Emily LaVoie

In 2017, Emily LaVoie earned a certification as a coach of the psychology of eating from the Institute for the Psychology of Eating. Since then, she has been helping people locally and world-wide transform their relationship with food and improve their body image. LaVoie works with clients of all ages one-on-one, in groups, and educates groups through public speaking. Besides being the owner and CEO of Emily LaVoie - Eating Psychology Coach, she has over a decade of experience in the fitness industry as a personal trainer, group fitness instructor, wellness coach, and yoga teacher. Emily has bachelor's degrees in psychology and communications from Illinois State University in Normal.



Show-Stopping Charcuterie Boards

Charcuterie boards are tasty works of art and perfect for any occasion. Enjoy a night out with friends while you learn to create and style your very own board! Lisa Hemenover will help you take the mystery out of designing a show-stopping charcuterie board. You will gain skills to impress guests at your next party and an understanding of how to create the perfect pairings. You will get a 10-inch palm leaf plate, to-go box, delicious and pre-proportioned ingredients, and the appropriate charcuterie tools/utensils. The hardest part will be NOT eating all your goodies before you get home! Don't delay—there are limited seats. **Instructor: Lisa Hemenover.**

Class notes: Registration deadline is Monday, March 20. Due to preparation of supplies, no cancellations will be accepted after March 20; however, a substitute may be sent in your place.

Thursday, March 30
6-7:30 p.m. • KCC Room D152
\$89

Lisa Hemenover

is a food loving, active girl who specializes in designing graze boards and tables for corporate and special events. She also created "just because" boards for the mama who just needs a break with some girlfriends, cheese and wine! Lisa's business, "Graze All Day with Lisa Rae," is based in Mokena.



Ceramics: Pinched Animals & Coil Pots

Calling all curious creators! Are you itching to learn ceramics but don't know where to start? This is your chance to join an introduction to clay class. You don't need any prior experience or skill—our experienced instructor will be there every step of the way. Through three sessions, each 2-3 hours long, you will make a pinch pot animal and a coil pot. Unleash your inner creator. Sign up today and embark on this journey into clay. **Instructor: Christine Hosek.**

Tuesdays, April 25, May 2 & 9
6-9 p.m. • KCC Room R109
\$109

Christine Hosek

is an art teacher, photographer, and business owner! She's bringing the creative community together in the most amazing ways. Christine has bachelor's and master's degrees in art education from Illinois State University. She spent 34 years teaching high school art and is currently an adjunct ceramics teacher at KCC. To top it all off, she runs her own art and photography business: Blue Couch Art and Photography. Christine is truly inspiring, showing us all the power of art in bringing joy to ourselves and others.



Ghost Hunting

Join The Illinois Paranormalists for an exploration in the realm of ghost hunting. During the session, ghost hunters will share their experiences with investigating ghost sightings and sounds, relate techniques used in an investigation and share a variety of equipment and how it is used. They will discuss how places to investigate are located and will share evidence they have gathered from ghost hunts. **Instructor: Paul Schmidt.**

Friday, March 31
6-8 p.m. • KCC Room D123
\$25

MEET YOUR INSTRUCTOR

MEET YOUR INSTRUCTOR

MEET YOUR INSTRUCTOR

Music of the Civil War

In the Civil War era, music was sung and played in home parlors, at political rallies, in army camps, around campfires, and on the battlefield. Music was used to inspire the troops during the terrible fighting. We will examine and listen to the songs that were written and sung by civilians and soldiers. You'll learn about the popular genres, the songs origins and the cultural and patriotic influences. Come learn, listen and discuss how Civil War music was much more than just background noise.

Instructor: Christina Smith.

Friday, March 31

**9 a.m. - noon • KCC Room D212
\$25**

Christina Lea Smith

is currently working toward her master's degree in Library & Information Science at the University of Illinois at Urbana-Champaign. In 2015, she completed her master's degree in history from Illinois State University. Her thesis, "Joseph Addison Turner: The Countryman and Confederate Nationalism" won the 2015 James C. Bonner Award for best master's thesis. She has also published "Elizabeth Parsons Wade Packard's Challenge of True Womanhood" in the peer-reviewed Journal of Illinois History. Smith has over 20 years teaching experience at colleges across Illinois. She focuses on 19th century American history and Civil War seminars. She volunteers as an instructor for Bradley University's Osher Lifelong Learning Institute. Smith also speaks at historical societies, women's groups, and other associations.



Register online at www.kcc.edu/comejoinus

IN-PERSON



Trauma and Drug Addiction

Navigating mental health is challenging. The good news? We are not alone in this journey. This three-part series is dedicated to understanding trauma and substance use disorder with the help of cognitive behavioral therapy (CBT). Come join us as we uncover how CBT—an evidence-based approach—helps in addressing negative thoughts, changing behaviors, and introducing healthier coping skills into one's life. Co-sponsored by Duane Dean Behavioral Health Center. **Instructor: Deidre Kennedy.**

Mondays, April 3, 10 & 17

**9:30-11 a.m. • KCC Room N105
at the North Extension Center in
Bradley
FREE, but registration is required.**

Deidre Kennedy

is a certified substance abuse counselor by the state of Illinois. Deirdre has a master's degree in addictions and behavioral health, which she obtained from Governors State University in University Park. Deirdre has worked for six years in the field of substance abuse counseling, and is now a clinical supervisor at Duane Dean Behavioral Health. Deirdre also co-hosts the podcast "Why You Mad" via Facebook, a platform used to educate and bring awareness to others in the community.



Dancercize

Looking to feel better, physically and mentally? Are you just wanting to "whittle your middle"? Do you enjoy dancing and exercising? Have you tried classes that were just too intense or fast paced? Well, no fear! Dancercize class provides a fun and easy way for people of all levels to get their groove on while burning fat and melting inches. Simple dance steps will be intermixed with exercise. No worries -- nothing is choreographed. Bring a yoga mat or blanket. **Instructor: Tracy Kelch.**

Wednesdays, April 5 to April 26

**5:30-6:30 p.m. • KCC Room G107 in
the Athletics Building
\$49**

Springtime Fresh Florals, Friends & Fun

Celebrate the many colors and flowers of spring with a beautiful centerpiece. Learn tips for creating an unforgettable fresh floral arrangement with Michaela Mantarian. You will receive a flower list, vessel for your arrangement, general instructions, and fresh flowers. Your one-of-a-kind finished arrangement will be perfect for your Easter table, to give as a gift, or enjoy all to yourself. Grab a few friends and learn how to make your own arrangements. It's simple and fun! **Instructor: Michaela Mantarian.**

Class notes: Registration deadline is March 30. Due to preparation of supplies, no cancellations will be accepted after March 30; however, a substitute may be sent in your place.

Thursday, April 6

**6-7:30 p.m. • KCC Room D151
\$65**

MEET YOUR INSTRUCTOR

MEET YOUR INSTRUCTOR

Ceramics: Mug Making

Try something new and craft a one-of-a-kind ceramic mug in just two evenings! Our experienced instructor will provide step-by-step guidance for all the skills you'll need to make your own mug. First session is three hours, and second session is two to three hours. Put your creative abilities to work and see what you can make with ceramics! **Instructor: Christine Hosek.**

Tuesdays, April 11 & 18
6-9 p.m. • KCC Room R109
\$89

America's Boating Course

This is an introductory course for all recreational boaters produced by America's Boating Club® (the U.S. Power Squadrons) and taught by USPS certified instructors. Open to participants age 12 and over. Those under age 18 require parental signature at first class. This course meets the requirements of states and territories that have mandatory safe boating education laws and is accepted by the state of Illinois as meeting the training requirements for boat operators born after January 1, 1998 to operate a craft of 10HP or more. **Instructors: Robert Potter and Terry Phillips.**

Wednesdays, April 12 to May 10
6:15-8:30 p.m.; First class meets at 6 p.m. Room N101 at the KCC North Extension Center, 450 N. Kinzie Ave., Bradley.

\$12; An additional \$55 for course materials must be paid to the instructor at the first class. Members of the same household may share materials for \$10 per additional person.

**Interested in
teaching a
class?**

Contact:
dhdenson@kcc.edu

Small Market Basket

Are you ready to chase the winter weather away? Market baskets were traditionally used to gather items from the garden. Join us to learn the basics of basket making or to refine your weaving skills. You get to keep the basket you make



-- it can be a gift or perfect as home décor. This basket measures 6 inches x 10 inches. Several reed color options will be available to customize your creation. **Instructor: Sharon Taylor.**

Class notes: Registration deadline is April 5. Due to preparation of supplies, no cancellations will be accepted after April 5; however, a substitute may be sent in your place.

Thursday, April 13
6-8:30 p.m. • KCC Room D151
\$35

Lincoln's Funeral Train

Lincoln's final journey on the funeral train retraced the route he took as president-elect going to Washington four years earlier. This seminar will examine how the nation mourned. You will learn the challenges and obstacles in preparing the event, Mary Todd Lincoln's overwhelming grief, and reactions of each city as the funeral train arrived. Finally, you'll hear about the Lincolns' arrival in Springfield, the tomb that was not yet erected, and the funeral ceremony in Springfield. Don't miss Christina Smith's most popular lecture! **Instructor: Christina Smith.**

Friday, April 14
9 a.m. - noon • KCC Room D212
\$25

Beginning Photography

Attention budding photographers! Are you looking for the perfect class to take your skills to the next level? Look no further! Learn how to unlock the full potential of your digital SLR camera. Learn everything from f-stops, shutter speeds and ISO to composition. Unlock the secrets of photography and let your creative vision come alive! **Instructor: Christine Hosek.**

Class note: Bring your camera to the first class with an SD storage card.

Thursdays, April 20, 27 & May 4
6-8 p.m. • KCC Room D124
\$65

Make Peace with Food and Your Body (FINALLY!)

Many people go through life hating their bodies and being at war with food. It is time to call a cease fire! Food is not the enemy. In this course, we will begin to uncover the concepts it takes for achieving food freedom, pleasure in eating, and working toward body acceptance.

Instructor: Emily LaVoie.

Wednesday, April 26
6-8 p.m. • KCC Room D123
\$60

Hands-On Care: Caring for Your Loved One Safely

Do you need caregiver confidence? Caring for a loved one can be overwhelming. Learn tools, resources and training to be more confident when caring for a loved one. This workshop will show you how to perform various transfer techniques and basic home safety modifications as well as tips for your loved one's nutrition, preventing bed sores, managing incontinence, communication techniques and caring for a bed-bound patient. You will leave this workshop with more confidence and an understanding of the importance to care for yourself.

TBA

Mount Rushmore

This class examines how the idea of carving four presidents in a mountain in the unknown area of the Black Hills came to fruition. Learn about the controversial sculptor and his unique techniques in carving colossal sculptures. We'll review the carvings of each presidential bust, along with the workers who brought their faces to life, the unfinished work, and Gutzon Borglum's crypt. **Instructor: Christina Smith.**

Friday, April 28
9 a.m. - noon • KCC Room D212
\$25

Spring Porch Container & Centerpiece

Don't exactly have a green thumb? No problem. Let Blake Tuohy show you how to use silk flowers to create stunning showpieces on your front porch or patio. No matter which zone you live in, when you use the best outdoor silk flowers to dress up your porch, patio, or deck, it looks like fresh plants that are always at their prime! Learn how to design a spring centerpiece to take home, too. Blake will walk you through the process to create your own one-of-a-kind arrangement to freshen up your space this spring. **Instructor: Blake Tuohy.**



Thursday, May 11
6-8 p.m. • KCC Iroquois Room
\$85

In Person / Live Webinar Classes

Choose to attend in-person or as a live webinar

If you choose Live Webinar, you will receive an email within 24 hours with a link to the session. All webinar participants require internet access and an email address.

Cryptozoology: The Truth About "Real" Monsters - In-person or Live Webinar

Cryptozoology is the search for and study of animals whose existence is disputed or unsubstantiated, such as Big Foot or the Loch Ness monster. You will learn about the myths and "truth" behind many legendary creatures including the Yeti, the Chupacabra, Lake Champlain's "Champ," and the Jersey Devil. While we encourage you to attend in-person, you can choose live webinar or recording when you register. If you choose Live Webinar or recording, you will receive appropriate instructions. **Instructor: Jeffrey Sternickie.**

This seminar is being offered both in-person and as a live webinar. Please select the session you will attend when registering.

Class note: All webinar and recording participants require internet access and an email address.

Saturday, April 8
10 a.m.-noon • KCC Room D123
\$19

Register online at www.kcc.edu/comejoinus

IN-PERSON



Chicago and the Atomic Age - In-person or Live Webinar

The Atomic Age began at 3:25 p.m. on Dec. 2, 1942 - on a squash court under the west stands of Stagg Field at the University of Chicago. At that time, an extraordinary team of scientists led by Enrico Fermi oversaw the first man-made, self-controlled nuclear chain reaction. Learn about how this discovery led to development of the atomic bomb and, ultimately, to the Arms Race and Cold War. While we encourage you to attend in-person, you can choose live webinar or recording when you register. If you choose live webinar or recording, you will receive appropriate instructions. **Instructor: Jeffrey Sternickie.**

This seminar is being offered both in-person and as a live webinar. Please select the session you will attend when registering.

Class note: All webinar and recording participants require internet access and an email address.

Saturday, April 15
10 a.m.-noon • KCC Room D123
\$19

The Radium Girls of Ottawa - In-person or Live Webinar

The Radium Girls were female factory workers who contracted radiation poisoning from painting watch dials with self-luminous paint. The Radium Dial Company was established in Ottawa, Illinois, in 1922. Learn about the "Radium Girls" lawsuit for damages, and how industrial safety standards were improved in the wake of their case. While we encourage you to attend in-person, you can choose live webinar or recording when you register. If you choose live webinar or recording, you will receive appropriate instructions. **Instructor: Jeffrey Sternickie.**

Class note: All webinar and recording participants require internet access and an email address.

Saturday, April 22
10 a.m. - noon • KCC Room D123
\$19

MEET YOUR INSTRUCTOR

Jay Sternickie

is a gifted speaker, teacher, and local historian. For several years, he served as a docent at the historic Gaylord Building in Lockport and led tours along the I & M Canal. Sternickie has taught for more than 20 years at community colleges, elementary schools, libraries, and other community venues. Sternickie currently teaches at Joliet Junior College. Previously, Sternickie spent five years in the U.S. Army and served on a combat camera team during the 1991 Persian Gulf War. He has a bachelor's degree in photojournalism from Southern Illinois University and completed graduate work in instructional design technology at Western Illinois University.



How to Travel Free & Safely - Live Webinar

When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? World traveler Gina Henry shows you how she is prepared for the new "travel normal," including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Earn free airline tickets, hotel nights, tours and more in the USA and worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. **Instructor: Gina Henry.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Class Notes: Your "Travel Free" ebook link will be emailed to you a few days before the class. Good internet connection and a PC, laptop, tablet or smart phone with camera and microphone is needed. You will receive an email 24 hours prior to the class with a link.

Saturday, Feb. 4
11 a.m.-2 p.m.
\$49, includes materials.

Saturday, April 1
11 a.m.-2 p.m.
\$49, includes materials.

MEET YOUR INSTRUCTOR

Gina Henry has lived a travel life for 30 years, taking 10 free vacations a year by using free airline tickets, hotels, cruises, tours, meals, and more. She has traveled to 98 countries and all 50 states. She teaches in 90 cities and is the author of many travel books and audios. She leads several group tours each year and organizes a volunteer program to teach English in Thailand and Peru.



Register online at www.kcc.edu/comejoinus

IN-PERSON



Get Paid to Teach English in the USA and Overseas - Live Webinar

Learn how Gina Henry has taught her way around the world and paid for vacations and travel to over 98 countries. Teaching English is a high paying career or simply a great way to go on vacation for free. English is the world's business and travel language. Being able to speak English helps people get better paying jobs. If you speak English, you can teach conversational English! You do not have to be certified or speak the local language. You also can make money from home by teaching English online. Earn a free vacation, 2-month paid summer job, or full-time work that earns up to \$90,000 a year. Learn about the best paying jobs, qualifications, certification programs and specific hiring organizations. **Instructor: Gina Henry.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Saturday, Feb. 11
11 a.m.-2 p.m.
\$49, includes materials.

Saturday, May 20
11 a.m.-2 p.m.
\$49, includes materials.

An Introduction to Voiceovers

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. This is a one time, 90-minute, one-on-one, video-chat class! Upon registration you will be contacted by Voices for All to schedule your class for a day and time of your convenience.

Class notes: Participants must have internet access and video chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). Participants must be 18 years or older.

Instant Piano for Hopelessly Busy People - Live Webinar

Learn to play piano the way professionals do - using chords. Since this class is held online with ZOOM, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. The course includes an online book, the class recording link, and online follow up video lessons for you to continue your practice and study on your own. The course is lecture/demonstration and hands-on instruction. Topics include: How chords work in a song; How to get more out of sheet music by reading less of it; How to form the three main types of chords; How to handle different keys and time signatures; How to avoid "counting"; and How to simplify over 12,000 complex chords. **Instructor: Craig Coffman.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Monday, Feb. 13
6:30-9:30 p.m.
\$59

Kick the Sugar Habit - Live Webinar

Learn the seven secrets to fighting your sugar cravings! Join certified health coach Alina Warner to discover why you crave sugar at certain times and why sometimes those cravings feel out of control! Master your cravings and kick the sugar habit without giving up sweetness! **Instructor: Alina Warner.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Wednesday, Feb. 22
6-7 p.m.
\$29

Hinge Toe Touch – Live Webinar

Have you ever wondered how to keep your back strong and agile without compromising your joints and fingers? Hinging is the answer! Join us for this virtual yoga session on how to practice hinging movements. By tuning into the placement of awareness on the body, you can move confidently, staying in your natural flow no matter how deeply you're hinging or where your feet are touching (or reaching!). Learn how to unlock your movement potential and master the Hinge Toe Touch today! **Instructor: Nell Wood.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Tuesday, Feb. 21
5:30-6:30 p.m.
\$25

MEET YOUR INSTRUCTOR

Nell Wood

Nell Wood has been practicing yoga since the turn of the century. She became certified to teach in 2013 and since then has led thousands of yoga students with a modern teaching style that is focused on functional movement, awareness, and compassion. Nell shows you ways to stabilize your body that lead to a more effective stretch. She helps you become more aware of your body and how you hold yourself and that can help you live independently longer and avoid injury.



Register online at www.kcc.edu/comejoinus

IN-PERSON



The Secrets of Travel-Hacking - Live Webinar

You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Gina Henry will show you her easy "Beginner Strategy," then graduate you to more advanced strategies that earn you 1 million-plus reward points a year. All the major reward programs will be detailed. You also will learn tips for flying business and first class. **Instructor: Gina Henry.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Saturday, Feb. 25
11 a.m.-2 p.m.
\$49, includes materials.

Work Remotely and Be a Digital Nomad - Live Webinar

Working remotely is now the thing. Why not add travel into the mix? You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the "how to" of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a "physical address," the RV lifestyle, timeshares, international living, long-term rentals, house-sitting, and more. Learn the best ways to set up your remote office and get quality Wi-Fi in your hotel, long-term rental, and out of your car or RV. Gina Henry founded Go Global, Inc. 26 years ago and has been location independent and working remotely for the past six years traveling year round. **Instructor: Gina Henry.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Saturday, March 4
11 a.m.-2 p.m.
\$49, includes materials.

Beginners Guide to Getting Published - Live Webinar

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past, the editor's desk. You will discover how to: become a "published" writer overnight; submit manuscripts the correct way; find the right publisher for your work; write irresistible query letters; determine when and how to get an agent; and make money as a freelance writer. The instructor, LeeAnne Krusemark, is a former journalist, current author and editor, and a trainer.

Instructor: LeeAnne Krusemark.

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Tuesday, March 7
5-7 p.m.
\$45, includes informative handouts for future use.

Make Money with a Virtual Assistant Business - Live Webinar

If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. To get a clear understanding of this endeavor, you should also attend "Home-Based Business Ideas!"

Instructor: LeeAnne Krusemark.

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Wednesday, March 8
6-8 p.m.
\$30, includes handouts for future use.

Home-Based Business Ideas - Live Webinar

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a chamber of commerce past-president and award-winning business owner, this is probably the most comprehensive business start-up workshop you will ever find. You will discover: more than 250 legitimate home business ideas; mandatory legal documentation; ways to market your product/service; and how to take tax deductions (this workshop included!). **Instructor: LeeAnne Krusemark.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Wednesday, March 8
5-7 p.m.
\$45

Make Money Pet Sitting - Live Webinar

Do you love animals--especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, usually in the pet's home. You will learn about feeding, watering, and exercising pets, how to make a good impression, questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavioral issues. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. This class is taught by a seasoned professional pet sitter and a longtime entrepreneur.

Instructor: LeeAnne Krusemark.

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Friday, March 10
6-8 p.m.
\$45, includes informative handouts for future use.

Register online at www.kcc.edu/comejoinus

IN-PERSON



Mystery Shopping - Get Paid to Shop - Live Webinar

Do you like to shop? You can get paid to shop at almost every local store in your area. Plus, there are many online shopping assignments you can do from home. Let Gina Henry show you how to avoid scam companies, find the top 100 mystery shopping companies, and earn income along with free hotel stays, free gas, free groceries, and more. In addition, you will learn what to do on shopping assignments and how to complete the paperwork after you've shopped. **Instructor: Gina Henry.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Saturday, March 11
11 a.m.-2 p.m.
\$49, includes materials

10 Easy Tips to Improve Your Writing - Live Webinar

We write everyday: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable. It may help you get a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest. **Instructor: LeeAnne Krusemark.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Saturday, March 11
2-4 p.m.
\$45, includes a workbook full of writing tips and tricks.

Get Paid to be a Tour Guide - Live Webinar

If you love to travel, you can earn income as a tour director by working full- or part-time leading tours for major companies or your own business. Let Gina Henry, a certified tour director, show you ways to design excellent tours, negotiate group discounts and promote trips. Learn how to earn free tours for yourself as well.

Instructor: Gina Henry.

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Saturday, March 18
11 a.m.-2 p.m.
\$49, includes materials

Yoga Philosophy - Live Webinar

Discover the fundamentals of yoga philosophy and start to live an ethical life! In our live virtual session, we will explore the 10 Dos and Don'ts of the yogic way. Learn how to focus on things such as non-harming, cleanliness, and contentment to use energy more sustainably. These principles can help cultivate strong relationships with oneself and others, by helping to surrender to and break down the ego. Join us in exploring this essential practice that guides our lives! **Instructor: Nell Wood.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Tuesday, March 21
5:30-6:30 p.m.
\$25

Breathwork Healing: Part 1 – Live Webinar

Searching for a calming element to settle you down? Try breathwork—a practice of consciously and intentionally taking control of your breath, which results in physical, mental, and emotional self-healing. In this live virtual class, you will learn “full yogic breathing,” “box breathing” and “ocean breathing” techniques. Practice breathwork to reduce anxiety, worry and depressed thoughts. When practiced consistently, it can give you more insight and understanding into yourself while developing more internal harmony. **Instructor: Nell Wood.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Tuesday, April 18
5:30-6:30 p.m.
\$25

Breathwork Healing: Part 2 – Live Webinar

Have you ever thought about how powerful your breath can be? Taking time to pay attention to it is an essential practice for managing your mood, energy, and mind-state. In this live virtual class, you will learn about three types of breathing techniques: “Channel Purifying,” “skull polishing” and “bee’s breath.” These methods nurture peace in your being, leading to a profound sense of self-healing and balance. Join us and explore the wonderful potential of your breath! **Instructor: Nell Wood.**

This is a live event. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require an email address and a device with internet access and a web camera.

Tuesday, May 9
5:30-6:30 p.m.
\$25

Register online at www.kcc.edu/comejoinus

IN-PERSON



CSI: Crime Scene Investigation - Live Webinar

Do you enjoy mysteries and crime investigations? Learn “behind the scene” facts of several crimes such as homicides, robberies, stage crime scenes and more. Latent fingerprints are the main forensic evidence discussed, but other forensic disciplines will be covered in general. Analyzing photos will help you discover how to see the facts. You will review 3 cases and determine what is seen in the evidence. **Instructor: Lynne Dean.**

This is a live event. Within 24 hours of the webinar date, you will receive an email with a link to participate. All participants require internet access, a web camera and an email address.

Class notes: Some photos and information might be considered graphic/offensive. Participants must be 18 years of age and older.

Saturday, April 22
9 a.m.-noon
\$35



ONLINE
COURSES

Speed Spanish - Online Course

Converse in Spanish in just a few weeks. This course will help you learn six easy recipes to glue Spanish words together into sentences so you can engage in conversational Spanish quickly.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$100

Speed Spanish II - Online Course

Become more conversational and comfortable in Spanish-speaking situations. This course will immediately improve your Spanish fluency by covering a variety of important words and teaching you to pronounce them properly.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$100

SAT/ACT Prep - Part 1- English and Science - Online Course

Enhancing your performance on both the SAT and ACT is instrumental in determining your choice of college. This course will prepare you for specific types of questions in reading, English and science, and give you pointers on time management, anxiety relief, scoring and general standardized test-taking.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$94

SAT/ACT Prep - Part 2 – Math - Online Course

Gain all the information you need to do well on the math portion of the ACT and new SAT. This course will provide you with a complete review of arithmetic, algebra, geometry, trigonometry, and basic math skills. It also teaches useful tips to manage your time wisely.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$94

Discover Digital Photography - Online Course

Gain the skills you need to take great photos with your digital camera and never miss a memorable moment again. This course is an informative introduction to digital photography, from DSLRs to smart phone cameras.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$

Introduction to Interior Design - Online Course

Learn to transform plain living spaces into beautiful and functional rooms. This course will give you the know-how to design a room floor-to-ceiling with understanding of color theory, industry trends, special arrangements, floor plans, design ideas, and interior design basics.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

Discover Sign Language - Online Course

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

Register online at www.kcc.edu/comejoinus



Discover Sign Language II - Online Course

Take your sign language skills to the next level with additional vocabulary, grammar lessons, and cultural information. Practice phrases and sentences by recording your own signing and uploading them for review. You will also continue to explore the world of Deaf culture. This course will help you build confidence in your ability to sign with the Deaf community.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$115

Lose Weight and Keep It Off - Online Course

Discover how to establish a healthy approach to weight loss and weight management. By the end of this course, you'll know how to set effective goals for eating, exercise, and many other elements that affect your weight, and be on your way to losing weight and keeping it off for good.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$94

Luscious, Low-Fat, Lightning-Quick Meals - Online Course

Learn to create delicious and nutritious meals by reducing fat without sacrificing flavor. This course provides tips on menu planning and quicker cooking, and it allows you to try out over 50 exciting lower-fat recipes.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.

\$94



Adult Education Learning System

Register at **adulted.kcc.edu** or call **815-802-8300**

IN-PERSON



A new beginning for those who need it

Please call **815-802-8300**
or visit **adulted.kcc.edu**
for more information and
to get started.

Adult literacy

**Do you want to learn to read better?
Do you know someone who wants
to learn to read better?**

**Volunteer
Tutors
needed,
too!**

The ALIVE Adult Literacy program provides individual and small group tutoring to improve the reading skills of adults ages 16 years and older.

How help is provided:

- Tutoring is arranged by the adult literacy staff and is available at KCC, libraries, churches and a variety of other places.
- A caring, friendly environment is created between the tutor and student.
- Sessions are individually arranged.
- Materials are provided during the session.
- Reading, writing, English and math skills are taught.
- Services are provided at no cost to the student.

Call 815-802-8307 or email scarrell@kcc.edu for information.

Get Your High School Diploma

Prepare for the GED test

The GED Prep program prepares adults for higher education and the workforce. In addition to traditional classes, the program uses technology to help students prepare for, pass the test, and move on to better jobs with better wages.

KCC offers instruction and services to help you succeed on the GED test.

There is no cost for classes – and several
convenient options are available.

Online instruction is offered for those who qualify.

**Call 815-802-8300 or email
GED@kcc.edu for more information.**

Auxiliary aids and services are available upon request for individuals with disabilities. Kankakee Community College is an equal opportunity, affirmative action employer. These classes are partially funded with federal funds.

GED Test Preparation

These programs are designed for students to prepare to pass the GED test.
The classes are for those who would like to improve reading & math skills.

Program features:

- No cost to the student.
- Books are provided during class time.
- New class sessions begin every eight weeks.
- Meeting dates and times are flexible and tailored to meet the needs of students. More information is under "KCC Locations" on this page.
- Open to anyone age 16 and over who has separated from his/her high school. A letter showing high school separation is required for those under age 18.
- An online study option is available

Classes

Apply at adulted.kcc.edu/ged
Orientation is required prior to enrollment.

Online Course

The online course includes the option to meet personally with your instructor.

Class Locations

Kankakee, Bradley and Watseka locations are open to share information in-person or by phone.

These sites offer

- Program information • Free wi-fi
- Computers with internet

KCC Riverfront Campus (Main campus)

100 College Drive, Kankakee, Rooms L30A and L30B
Phone 815-802-8300

North Extension Center

450 N. Kinzie Ave., Bradley
Phone 815-802-8300

Miner South Extension Center

1488 E. Walnut St., Watseka
Phone 815-802-8780

Be competitive in the local labor market

FREE classes to sharpen skills

Computer Literacy

The Computer Literacy class will provide basic computer instruction as well as skills on how to use Windows 10, Microsoft Word, Internet and email.

Also offered:

- I Have an Interview Now What
- Resume Development
- Job Hunting in a Digital World

FREE for residents!

**For more information or to register,
phone 815-802-8960.**

Classes are offered at KCC's North Extension Center,
450 N. Kinzie Ave., Bradley.

Seating is limited. You must attend the entire class.



ENROLL NOW!

GED®+Career

FREE for qualified students

Complete GED preparation & career training
at the same time.

GED+Career is a partnership with
select KCC programs.

Learn more at adulted.kcc.edu
or email ged@kcc.edu.

English as a Second Language (ESL)

All English Language classes are provided at no cost to the student. The classes are designed for non-native English speaking adults, 16 years or over who are not enrolled in high school, who would like to improve their English language speaking and writing skills. Instructors and tutors work with students in small groups. There are many levels of classes offered to help students at every stage of learning.

Go to **adulted.kcc.edu/esl** to register for an orientation. Program orientations are required prior to class enrollment.

ESL is now offered in-person and remotely!

KCC Locations

KCC Riverfront Campus (Main campus)

100 College Drive, Kankakee,
Rooms L30A and L30B
Phone 815-802-8300

North Extension Center

450 N. Kinzie Ave., Bradley
Phone 815-802-8300

Miner South Extension Center

1488 E. Walnut St., Watseka
Phone 815-802-8780

These sites offer

- Program information in-person or by phone
- Free wi-fi
- Computers with internet

Learn English. Free.

Aprende inglés. Gratis.

学英语。自由。

Uczyć się angielskiego. Darmowy.

Matuto ng Ingles. Libre.



Classes offered:

Kankakee • Bradley • Watseka • Online

Info: www.kcc.edu/esl

815-802-8222 (Spanish) • 815-802-8302

KCC Riverfront Campus Welcome Center

Learn in-person or “Live online”

Do you have an internet connection?
With sound and working camera?
When class meets, you can
participate from anywhere.

You can come to class in-person too.

Get started today at
adulted.kcc.edu

Click **Enroll**



*****ECRWSS****
RESIDENTIAL CUSTOMER



CompTIA IT Fundamentals (ITF+)

Class is 2.5-weeks

In-person or online with access to an instructor
Includes 12-month content access for students

The starting point: Covers basic information technology
Learn foundational skills: Terminology, infrastructure & more
Get ready to move up with certifications like CompTIA A+



CompTIA A+ Core 1 & Core 2

Each class is 4 weeks

In person or online with access to an instructor
Includes 12-month content access for students

CompTIA recommends at least 9 to 12 months of hands-on experience in the lab or field before enrollment.

- CompTIA A+ certification is the starting point for a career in IT.
- CompTIA A+ is the preferred qualifying credential for technical support & IT operational roles.
- Since CompTIA A+ does not focus on vendor-specific hardware & software, you can focus on building your foundation of tech knowledge no matter what career direction you take.
- The CompTIA A+ certification is built & continuously updated by a group of IT industry experts in various industries & professions.
- When you earn your CompTIA A+ certification, you join more than 1 million other IT professionals who have built their IT career on this certification.

Info adapted from [10 Reasons Why You Should Get CompTIA A+ Certified](#).



Classes start soon - Learn more! • ITcert.kcc.edu • 815-802-8206