

Kankakee Community College

Continuing Education

www.kcc.edu/comejoinus



Fall 2022



Show-Stopping
Charcuterie
Boardsn
pg. 21



Train Online for
Industry-recognized
Certification
pg. 17



Brain Health and
Aging pg. 14



Monetize Websites,
Blogs and Social
Media with Affiliate
Marketing
pg. 25



Highway Construction
Careers Training
Program pg. 9



Chunky
Knit
Pumpkins
pg. 20

Come join us!

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

www.kcctrainingsolutions.org

- 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

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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 6-7

Professional development 8-18

Personal enrichment 18-28

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

Introduction to Personal Computers

Whether you're new to computers or have used them in the past, this course will help you become more comfortable using the basic tools and features of the Windows 10 operating system. Learn how to navigate through Windows 10 by using the Start Menu, work with files and folders, and how to customize your desktop. Plus learn how to save favorites in Edge, empty your recycle bin and multi-task with open applications. **Instructor: Christina Smith.**

Class note: Prerequisite is previous exposure to personal computers, desktop applications and the internet.

Fridays, Sept. 2 and 16
1-4 p.m. • KCC Room D122
\$129

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, Sept. 9
9 a.m. - 3:30 p.m. • KCC Room D122
\$110

Computer Skills

Register online at www.kcc.edu/comejoinus

IN-PERSON



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, Sept. 30
1-4 p.m. • KCC Room D122
\$75

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 Word or equivalent experience.

Friday, Oct. 7
9 a.m. - 3:30 p.m. • KCC Room D122
\$110

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, Oct. 14
1-4 p.m. • KCC Room D122
\$75

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 Oct. 28
1-4 p.m. • KCC Room D122
\$75

Advanced Microsoft Excel

Take your Excel skills to the next level. Topics include working with multiple worksheets and workbooks; using LOOKUP functions and formula auditing; sharing and protecting workbooks; data validation; creating sparklines; and mapping and forecasting data. Microsoft Office Specialist Expert-level exam competencies will also be covered. **Instructor: Christina Smith.**

Friday, Dec. 2
1-4 p.m. • KCC Room D122
\$75



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. *This course is only suitable for the QuickBooks Online version, desktop versions are not compatible. When your course starts, you will be directed to access and utilize the free QuickBooks Online practice site to complete the lesson and assignment steps. You do not need to purchase a subscription or additional software to complete this course. Six week course access.

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

\$115

Basic CompTIA A+ Certification Prep - Online Course

Learn to work on common computer hardware and showcase your skills with a Basic CompTIA A+ Certification. This course teaches the inner workings of the computer as well as how to configure and troubleshoot in real-world environments with hands-on practice. Six week course access.

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

\$119

Intermediate Excel / Office 365 - Online Course

Master new skills and harness the power of Excel to become a power user. This hands-on course provides in-depth knowledge of charts, graphs, PivotTables, Slicers, Sparklines, AutoFilter, macros, and other advanced Microsoft Excel 2019/Office 365 functions. Six week course access.

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

\$129

Introduction to SQL - Online Course

Gain a solid working knowledge of the most powerful and widely used database programming language. This course will provide you the skills to write SQL queries to create tables, retrieve data from single or multiple tables, manipulate data in a database, and gather statistics from data stored in a database. Six week course access.

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

\$94

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.

**IN-PERSON
COURSES****Professional Development
–Leadership Management
Institute****Effective Communication**

We live and work in an information-rich, knowledge-poor world. Without question, the number one issue in business today is effective communication. In this interactive session, participants will delve deeper into what effective communication truly means and understanding that it involves much more than speaking. Participants will learn more about their own communication style, test their ability to understand non-verbals and delve into what it takes to truly listen for understanding.

Wednesday, Sept. 14
9 a.m. - noon • KCC Room D124
\$149

Leading People and Teams

Upon successful completion of this course, the participant will understand

- What leadership is and isn't in 21st century business.
- The importance and value of attitude and trust in a leader's level of effectiveness.
- How to promote an inclusive work environment through diversity and equity.
- The difference between a group and a team, and why the distinction is important to leadership.
- Identify the key challenges teams face and how effective leadership can mitigate these challenges.

Wednesday, Oct. 12
9 a.m. - noon • KCC Room D124
\$149

Priority Management

We don't have time management issues, we have priority management issues. Even though everyone has the same 24 hours, how do some make better use of it than others? In this interactive session, participants will come away with a deeper understanding of how goals drive how we spend or invest our time and some of the key steps in taking back time to become more productive. The session will specifically delve into meeting management to address what is arguably one of the greatest time management challenges.

Wednesday, Nov. 16
9 a.m. - noon • KCC Room D124
\$149

**Decision-Making and
Problem Solving**

Decision-making and problem-solving are often used interchangeably. In fact, they are separate—but related—topics. Decisions are judgment calls made as a part of navigating the problem-solving process. In this workshop, participants will explore and understand the difference and how to effectively leverage decision-making to successfully navigate the problem-solving process. Both require critical thinking, which will be an integral part of the discussion. Lastly, participants will explore the key obstacles to effective decision-making as well as some of the most common biases that influence effective decisions.

Wednesday, Dec. 14
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.

Highway Construction Careers Training Program

12-Week Free Program!

Train for In-Demand Careers

This intensive 12-week program trains you in the skills necessary for acceptance into many different construction trades.

\$10/hr. stipend, work boots, tools and protective equipment all provided. Participation does not affect unemployment benefits.

Our goal is for you to have the opportunity for a career with high wage potential!



Career opportunities:

- Cement Mason
- Electrician
- Pipefitter
- Carpenter
- Laborer
- Equipment Operator



Requirements:

- Valid driver's license
- 18 years or older
- High School diploma/GED
- Drug Test (we test for THC)
- Interest working in the Construction Trades

Interested?

Register for orientation at www.kcc.edu/hcctp > Sign Up or Login > Search for HCCTP > Open the course > Click on an orientation date > Add it to your cart > Within the cart, checkout

You can also register by phone at **815-802-8205**

Orientation & class held at:

Kankakee Community College Riverfront Campus
100 College Drive, Kankakee

The Highway Construction Careers Training Program works to increase the number of minorities, women, and disadvantaged individuals working on Illinois Department of Transportation highway construction projects. The Illinois Department of Transportation and the participating community colleges do not guarantee employment upon a trainees' graduation from the Highway Construction Careers Training Program.



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





Professional Development

Register online at www.kcc.edu/comejoinus

IN-PERSON



IN-PERSON COURSES

FOOD

Food Safety Manager Certification: NRFSP Course & Exam

Illinois regulations require food establishments to have at least one certified food protection manager (CFPM) on staff. This course uses the National Registry of Food Safety Professionals examination, which is approved by the American National Standards Institute. You will learn about basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. Certification is required every five years.

Instructor: Michael Weckler.

Class notes: A study guide will be provided for use only during the class, and may be purchased for an additional \$35 prior to the class start date. 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, Sept. 17
8 a.m. - 5 p.m.
KCC Room D124 • \$154

Saturday, Nov. 19
8 a.m. - 5 p.m.
KCC Room D123 • \$154

Food Safety Manager Certification: ServSafe Course & Exam

This course emphasizes food protection through sanitation training. You will learn proper food care for food service establishments. Successful completion of the course examination qualifies individuals for Illinois Department of Public Health certification. You must fulfill course and testing requirements to be eligible for certification. **Instructor: Joshua Head.**

Class notes: Exam retakes are an additional fee, payment required prior to retake. Materials can be picked up prior to class after registration.

Saturday, Oct. 8
8 a.m. - 5:30 p.m.
KCC Room D124
\$154

Saturday, Dec. 17
8 a.m. - 5:30 p.m.
KCC Room D124 • \$154

MEET YOUR INSTRUCTOR

Michael Weckler CDM, CFPP has been in the culinary industry for over 20 years, his focus being on food safety and quality. Michael is credentialed as a CDM, CFPP (Certified Dietary Manager, Certified Food Protection Professional) and is a Certified Food Safety Manager, and became a course instructor for the NRFSP Food Safety Manager Course - even going above and beyond to become certified as an instructor in the course for all 50 states, including the 11 that require the safe food handler certification. In addition to his food safety background Michael also holds certifications in HACCP for Processing and Manufacturing of Human Food, PCQI, Food Safety Consultant, and as a course content editor for a HACCP for Food Safety Course.

HEALTH

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.

Saturday, Sept. 10
8:30 a.m. - 12:30 p.m.
KCC Room D151 • \$105

Tuesday, Oct. 11
5-9 p.m.
KCC Room D151 • \$105

Tuesday, Nov. 15
8:30 a.m. - 12:30 p.m.
KCC Room D151 • \$105

Tuesday, Dec. 6
5:30 - 9:30 p.m.
KCC Room D151 • \$105



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

Domestic/Sexual Violence Intervention, Effective Investigation, Community Collaboration & Response

Join us for a day dedicated to training healthcare professionals, social service and mental health workers, police officers, first responders and community volunteers in domestic/sexual violence intervention and response strategies.

Mark Wynn will be presenting on the following topics:

- Reasons crimes are missed
- Assessing the lethal risk to victims
- Offender manipulation through the eyes of the victim, law enforcement, and advocates
- Avoiding dual arrests
- Motive and impact of strangulation
- Trauma informed response to victims
- Justice for the victim

Sponsored by Harbor House & KCC's Office of Continuing Education

**Thursday, Aug. 25
8:30 a.m. - 3:30 p.m.
KCC Iroquois Room • \$10**



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

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.

**Thursday, Oct. 20
10-11 a.m. • \$20**



Better Together: How Faith Communities, Human Service Providers & Government Can Collaborate to Promote Wellness

Sponsored by Harbor House, KCC's Continuing Education Office and the Mental Health Network.

Seeing our community become the best version of itself requires working together across sectors. Faith communities and human service providers are typically siloed off from each other. Faith communities struggle to walk with people experiencing mental illness, while human service providers struggle to navigate the spiritual dimension of people as part of recovery. Promising opportunities exist for a better way. At this event, you will learn strategies for enhancing cross-sector collaboration among faith communities, human service providers and local government. Participants will improve their skills in developing community-based collaboration that strengthens the whole needs of the individual and of the community.

Instructor Dave Eckert.

Class notes: 3 continuing education hours will be awarded to nursing home administrators, nurses, counselors and social workers.

**Tuesday, Oct. 25
8:30 a.m. - 12:30 p.m.
KCC Iroquois Room
\$10, to receive contact hours.
Free, for the general public.**

MEET YOUR INSTRUCTOR

Mark Wynn is a national trainer to police executives, patrol officers, training officers, prosecutors, judges, legislators, social service providers, healthcare professionals and victim advocates in all fifty states for over thirty years. He has lectured internationally at police academies across the world. Mark is a Fulbright Specialist for the Department of State and is a survivor, enabling him to teach both effectively and passionately. He is devoted to ending domestic/sexual, elder and child abuse as a police officer, detective, educator, program supervisor and now consultant and advisor.

MEET YOUR INSTRUCTOR

Dave Eckert is the director of Intersect, an initiative within Access Services that supports those at the intersection of faith and mental health through consultation, training and the fostering of collaboration between faith communities and mental health providers. He has spent 20 years working for Access in roles including director of a mobile psychiatric rehabilitation program and agency chaplain. In addition, Dave has served as one of the pastors at Grace Community Church in Chalfont, Pennsylvania, for the last 14 years. Dave holds degrees in social work, biblical studies and divinity. He lives with his wife and three children in Montgomery County, Pennsylvania.

Attraction & Retention Series

Affordable and easy solutions for small business owners addressing key issues associated with attracting, hiring and keeping talent in today's tough labor market.

Free Webinars

The Great Resignation: What's Really Going On? - Aug. 18

Boosting Business by Boosting Benefits - Aug. 25

Culture Eats Strategy, So What Are You Serving? - Sept. 1

Who I'm Working For Matters to Me - Sept. 8

Career Development: Help Them Grow or Watch Them Go - Sept. 15

Balancing Act: How to Be Flexible Without Breaking - Sept. 22

Be a Talent Magnet: Ways to Post, Interview and Hire for Top Talent - Sept. 29

For information, contact our training partners at College of Lake County:

847-543-2033
illinoisSBDC@clcillinois.edu
www.clcillinois.edu/sbdc-itc



Illinois SBDC International Trade Center is funded in part through a cooperative agreement with the U.S. Small Business Administration (SBA), the Illinois Department of Commerce & Economic Opportunity, and the College of Lake County. Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance.

INDUSTRY

Solar Training and Maintenance

This two-day course focuses on Photovoltaic system operations and maintenance. Topics include performance evaluation, trouble shooting techniques, tools such as the IV curve tracer, insulation resistance testing, thermal cameras, multimeter and clamp-on meter. Also covered is the theory behind solar operations and maintenance with the opportunity to work with and gain experience with a wide range of state-of-the-art and analytical tools. **Instructor: Clay Sterling.**

Class note: Due to instructor availability, the course dates may change. Participants will be notified one month in advance if the date changes.

Thursday & Friday Oct. 13 & 14
8 a.m. - 4 p.m. • KCC Room D124
\$199

Forklift Driver Certificate

This Forklift Driver Certificate training is an entry-level course designed to provide the basic requirements for becoming an operator. This training, taught by an Occupational Safety & Health Administration recognized instructor, combines formal classroom instruction and practical hands-on driving utilizing a sit-down forklift. This course does not eliminate site-specific forklift training. **Instructor: Gilbert Velez.**

Friday, Oct. 14
9 a.m. - 3 p.m. • KCC Room D151
\$249

Energy Design & Storage Fundamentals for Solar

Students will explore the different aspects of varying forms of energy storage. As part of the system design, you will become familiar with energy storage system location requirements and all codes applicable to solar installations. There will be an emphasis on safety. The necessary steps in the permitting process and an introduction to available options of manufacturer specific training will also be covered. This course is led by an instructor from Midwest Renewable Energy Association. **Instructor: Clay Sterling.**

Class note: Due to instructor availability, the date of this course may change. Participants will be notified at least one month in advance if there is a date change.

Thursday, Nov. 3 - Friday, Nov. 4
8 a.m. - 4 p.m. • KCC Room D124
\$199

Programmable Logic Controllers Refresher

This course is for those who have PLC (Programmable Logic Controller) experience, but are either a little rusty or need to gain some additional practice time in an instructor-led environment. This eight-hour PLC refresher is hands-on and offers information maintenance technicians will actually use out on the shop floor. Topics covered during the course include: basic programming, networking, troubleshooting, and reducing downtime. **Instructor: Patrick Klette.**

Friday, Nov. 11
8 a.m. - 4:30 p.m. • KCC Room V117
\$275



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

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.

Chronic Dieting, and Body Shame: What Clinicians Need to Know - In Person / Live Webinar

There are many comments in our culture which frequently make their way into the clinical setting. Phrases such as "I'm an emotional eater," "I have to lose weight if I want to be healthy," "I know what I'm supposed to do, but I just don't do it," and "My eating is out of control." While the treatment of eating disorders requires specialized training, it's important for all mental health/health professionals to understand societal norms and the paradigm shifts happening related to eating problems and weight concerns. In this full day training, you'll discover how recovery from bingeing and eating past fullness is more than a matter of self-control, weight loss, or even understanding the emotional triggers. Judith Matz will teach you how to integrate multiple facets of treatment so that clients have the tools necessary to develop a nourishing and peaceful relationship with food, and to feel more at home in--and take care of--their bodies. Tools and treatments to be covered include the attuned eating framework, the role of shame and self-compassion, emotional regulation, body image strategies, understanding weight stigma and the Health At Every Size paradigm. Matz will address these important topics using a variety of teaching approaches, including lively didactic material, experiential exercises, and small group interactions. **Instructor: Judith Matz.**

Class notes: Upon successful completion, 7 contact hours will be awarded to nurses, nursing home administrators, dietitians, social workers and counselors. This seminar is being offered both in-person and as a live webinar. Please select the session you will attend when registering.

Friday, Sept. 9
8:30 a.m. - 4:30 p.m.
KCC Iroquois Room OR
Live Webinar
\$99

Heart Failure: It's Complicated - In-Person / Live Webinar

Chronic heart failure is a major cause of morbidity and mortality in the U.S. The top three causes of heart failure today are long-standing type 2 Diabetes Mellitus, coronary artery disease, and old age. Join Barb Bancroft for a comprehensive overview of all the causes of heart failure in young and old patients, how COVID-19 affects the heart, the new terms used for heart failure (HFrEF, HFpEF, HFmrEF), the pathophysiology of heart failure followed by the signs and symptoms, interpretation of the NT-BNP and/or the BNP, the treatment of heart failure, as well as the ways we can prevent readmission to the hospital in heart failure patients (and make Medicare happy). **Instructor:**

Barb Bancroft.

Class notes: Upon successful completion, 3 contact hours will be awarded to nurses, occupational therapists, physical therapists, respiratory therapists, social workers and nursing home administrators. This seminar is being offered both in-person and as a live webinar. Please select the session you will attend when registering.

Wednesday, Sept. 21
9 a.m. - noon • KCC Iroquois Room
OR Live Webinar
\$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."



MEET YOUR INSTRUCTOR

Judith Matz

LCSW, ACSW, is a therapist and nationally recognized speaker on diet culture, binge eating, emotional eating, body image, and weight stigma. She is co-author of "The Making Peace with Food Card Deck," "The Body Positivity Card Deck," "The Diet Survivor's Handbook," and "Beyond a Shadow of a Diet." Judith's work has been featured in the media including NPR, The New York Times, Good Housekeeping and Psychotherapy Networker. Judith has a private practice in the Chicago area.



Interested in teaching a class?

Contact:
dhdenson@kcc.edu

Low Back Pain: Identifying and Treating the Pain Generator - In-Person / Live Webinar

This seminar will review the relevant anatomy, diagnosis and treatment of low back pain with a focus on degenerative lumbar spine conditions. Dr. William Mosenthal from OAK Orthopedics will discuss the latest in diagnosis and treatment of disc herniations, spine stenosis and degenerative spondylolisthesis. Topics include lumbar spine anatomy, relevant pain generators, and common sources of low back pain. **Instructor: Dr. William Mosenthal.**

Class note: Upon successful completion, 1 contact hour will be awarded to nurses, occupational therapists & physical therapists.

Tuesday, Oct. 4
Noon - 1 p.m. • KCC Iroquois Room
OR Live Webinar
\$10

Dr. William Mosenthal

is a fellowship-trained orthopedic spine surgeon at OAK Orthopedics, a division of Illinois Bone & Joint Institute. He cares for patients with back, neck, and spine conditions with a focus on computer-navigated, robotic-assisted, and minimally invasive spine surgery. He graduated from the Geisel School of Medicine at Dartmouth College in Hanover, New Hampshire. Mosenthal completed his orthopedic surgery residency at the University of Chicago Medical Center and went on to receive advanced sub-specialty training in spine surgery as a fellow at Twin Cities Spine Center in Minneapolis. Mosenthal has written a number of peer-reviewed articles, reviews, book chapters, and abstracts and has presented his work at national meetings.



MEET YOUR INSTRUCTOR

Register online at www.kcc.edu/comejoinus

IN-PERSON



Engaging the Most Difficult Clients in Mental Health & Addictions Treatment - In-Person / Live Webinar

Learn strategies to engage the most difficult to reach clients in this skill-building workshop with Mark Sanders. Topics include countertransference as a gift when working with the most difficult to reach clients; engaging clients within the first 10 minutes of contact; increasing first session attendance by 30%; keeping clients engaged beyond two sessions; evidence-based engagement strategies and strength-based engagement strategies. **Instructor: Mark Sanders.**

Class notes: Upon successful completion, 3 contact hours will be awarded to nurses, social workers and counselors. IAODAPCA hours have been applied for and are pending approval. This seminar is being offered both in-person and as a live webinar. Please select the session you will attend.

Thursday, Oct. 13
9 a.m. - noon • KCC Iroquois Room
OR Live Webinar
\$49

KCC Fall Job Fair

Thursday, Sept. 29
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



Brain Health and Aging - In-Person / Live Webinar

What happens to the aging brain and can we do anything to slow it down? Join Barb Bancroft for a three-hour seminar on the do's and don'ts, the myths, the scams, the foods, vitamins, and micronutrients for brain health. She'll cover activities that have been proven to keep us sharp as a tack ... well, maybe not quite "sharp as a tack," but "mentally able" for many years to come. **Instructor: Barb Bancroft.**

Class notes: Choose to attend in-person or as a live webinar. Upon successful completion, nurses, occupational therapists, physical therapists, respiratory therapists, dietitians, social workers and nursing home administrators will be awarded 3 contact hours.

Tuesday, Nov. 29
9 a.m. - noon
KCC Iroquois Room or Live Webinar
\$49





Over 4 Decades of Game Changers in Medicine & Nursing - Live Webinar

A "game changer" is an event, an idea, or a procedure that brings along a significant shift in the manner of doing or thinking about something. In the world of medicine and nursing, it's usually a new drug or class of drugs, a new device, or new treatment modality. Join Barb Bancroft for a remarkable trip through the past 40 years of treatments of "old" diseases, diseases and their treatments, drugs and classes of drugs, and research into common and not-so-common diseases and conditions. Bancroft will discuss the impact of these "game changers" and how they will influence the future. **Instructor: Barb Bancroft.**

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 note: Upon successful completion, 3 contact hours will be awarded to nurses, occupational therapists, physical therapists, respiratory therapists, social workers, counselors, and nursing home administrators.

**Tuesday, Oct. 18
9 a.m. - noon • \$49**

Cannabis and Dispensary Career Opportunities - Live Webinar

This course will focus on the various career paths available to those who want a career in the cannabis industry. Speakers for this webinar include a human resource representative, a compliance officer, a wholesale manager and a supply chain supervisor. This is a highly interactive session where participants are encouraged to ask questions. Employment interview advice and the legal requirements to gain employment within the industry will also be included.

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 internet access and an email address.

**Thursday, Nov. 10
3-4:30 p.m. • FREE**

Sexual Harassment Prevention - Live Webinar

This training meets the standards and guidelines for sexual harassment training that is required for all professional licensees whose license requires continuing education hours 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. **Instructor: Aubrey St John.**

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 note: 1 contact hour awarded upon successful completion to nurses, nursing home administrators, social workers, counselors, respiratory technicians, occupational therapists, physical therapists, and dietitians.

**Thursday, Oct. 20
10-11 a.m. • \$20**

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A to Z Grant Writing - Online Course

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

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. Six week course access.

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

\$115

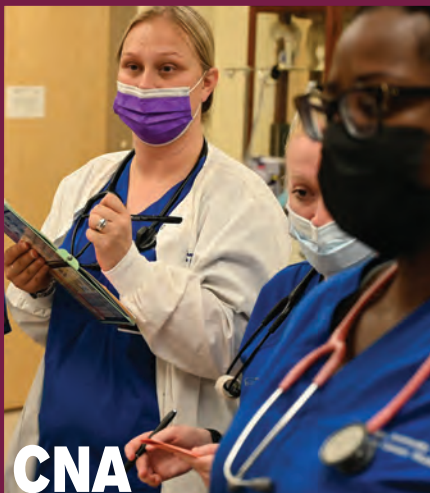
Certificate in End of Life Care - Online Course

When you work in end of life care, you must be prepared for the challenges it brings you, your patients, and their families. This course will enhance the knowledge and skills of health care professionals and individuals who work with or care for those experiencing a terminal illness. Six week course access.

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

Class note: 19 contact hours awarded to nurses and other healthcare professionals upon successful completion.

\$175



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

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. Six week course access.

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

Class note: 12 contact hours awarded to nurses and other healthcare professionals upon successful completion.

\$177

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. Six week course access.

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

Class note: 14 contact hours awarded to nurses, social workers, counselors, nursing home administrators and other healthcare professionals upon successful completion.

\$140

Certificate in Brain Health - Online Course

Gain an understanding of the brain and explore how lifestyle choices impact this remarkable organ. This course offers techniques and insights based on recent scientific studies about fostering health, happiness and well-being to support a healthy brain. Six week course access.

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

Class note: 10 contact hours awarded to nurses and other healthcare professionals upon successful completion.

\$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 will also help you discover how meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall health. Six week course access.

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

Class note: Eight (8) contact hours awarded to nurses and other healthcare professionals upon successful completion.

\$80

Creating the Inclusive Classroom: Strategies for Success - Online Course

Understand how to reach the diverse mix of students you face every day with strategies that turn diversity into opportunity. This course provides creative, low-budget strategies for making your inclusive classroom a nurturing, supportive learning environment that helps every student. Six week course access.

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

Class note: 24 contact hours awarded to teachers upon successful completion.

\$94

Teaching Students with ADHD - Online Course

Learn the simple and practical steps you can take to help children with ADHD thrive in their school environment. This course will teach you how classroom space, structure, rules, and expectations can be adapted to suit the needs of students with ADHD and help them manage their own behavior. Six week course access.

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

Class note: 24 contact hours awarded to teachers upon successful completion.

\$94

Accounting Fundamentals - Online Course

In this comprehensive course, you will learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You will get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. Six week course access.

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

\$94

The Creative Classroom - Online Course

Learn how to use creativity as a powerful engagement tool in the classroom, regardless of what subject you teach. This course provides new approaches to field trips, learning labs, exercises, and evaluation methods that will challenge and motivate your students to become creative thinkers. Six week course access.

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

\$94

NEW - Managing Remote Teams - Online Course

This course is for those who manage the occasional "telecommuters," manage a fully remote team and/or who would like to explore new strategies and best practices for this unique form of management. Six week course access.

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

\$115

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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 A+ with ITIL Foundation
CompTIA IT Fundamentals
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/

Spanish for Medical Professionals - Online Course

Prepare for any situation by bridging the communication gap between you, your patients, and worried family members. This course provides knowledge of basic medical phrases to help you better communicate with the Spanish-speaking community. Six week course access.

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

\$100

PMP Certification Prep 1 - Online Course

Prepare for the Project Management Institute's Project Management Professional (PMP) certification exam. This course will help you master the content in the first seven chapters of the PMBOK Guide and discover tips and techniques related to questions you will experience on the actual PMP exam. Six week course access.

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

\$114

Six Sigma--Total Quality Applications - Online Course

Learn to effectively apply Six Sigma knowledge to real-world problems to achieve the highest possible quality. This course will provide you with the skills to apply the DMAIC (define, measure, analyze, improve, and control) model to successfully define, plan, implement and close a Six Sigma project. Six week course access.

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

\$94



Kankakee Community College Lifelong Learning Institute



*Fall kick off
Friday, Sept. 2
10 a.m.
KCC Iroquois Room*

Curiosity never retires!

For active people ages 50 and better.

Fall classes start in September

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



IN-PERSON COURSES

Basic Scrapbooking

Learn basic design principles and share stories as you create a scrapbook page. Join Julie Caise for two-hours of scrapbooking fun! Beginners and experienced scrapbookers are welcomed. Quality photo-safe materials will be provided. **Instructor: Julie Caise.**

Class note: Please bring 4-6 photos of a theme to scrapbook.

**Wednesday, Sept. 7
5:30-7:30 p.m. • KCC Room D151
\$29**

Dancercize

Looking to feel better, physically, mentally and 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.**

**Choose one Wednesday, Sept. 14
or Oct. 12 or Nov. 16
5:30 - 6:30 p.m. • KCC Room G107
\$20**

Personal Enrichment

Register online at www.kcc.edu/comejoinus

IN-PERSON



Photo Sorting & Organizing

Do you feel overwhelmed by the number of photographs you have stashed? Don't lose your mind or family history trying to tackle them all at once. Get your photos out of the actual or digital shoebox. Learn techniques to organize your photos for easy access and scrapbooking while sharing your stories. **Instructor: Julie Caise.**

Class notes: Bring some of your unorganized photos. Optional: purchase photo-safe organizing boxes and cases from the instructor at class. A box that holds 100 photos is \$29.

**Wednesday, Sept. 14
5:30-7:30 p.m. • KCC Room D151
\$29**

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 after completing this course are online. Visit www.kcc.edu/comejoinus and search for "AVSDA."

**Saturdays, Sept. 17 to Dec. 17
Noon - 2:30 p.m. • KCC Room D151
FREE to U.S. Vets**



Zen Doodling for Beginners

The ZenDoodle drawing method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The class is taught in a meditative environment with soft music to help foster a relaxed "Zen" state. Each pattern is taught to you step-by-step. No experience is necessary, and all art materials will be provided. **Instructor: Jeffrey Sternickle.**

**Saturdays, Sept. 17 & 24
9 a.m. - noon • KCC Room D212
\$50, plus \$10 supply fee payable at the first session for quality paper and pens.**

Playing the 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, Sept. 19 to Nov. 7
5:30-6:30 p.m. • KCC Room D124
\$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, Sept. 19 to Nov. 7
6:30-7:30 p.m. • KCC Room D124
\$150

Beginning Photography

Learn the fundamentals of camera operation, photographic composition, exposure techniques, depth of-field and how to compose photos using natural and artificial lighting. Several photo techniques will be discussed and participants will practice shooting photos during class. Bring your camera (digital or 35 mm) to class. Even if you are looking to buy a camera, this is a great class to take. **Instructor: Wayne Baranowski.**

Tuesdays, Sept. 20 to Nov. 15
(No class on Nov. 8)
6-8 p.m. • KCC Room D123
\$99

Advanced Photo Layouts: Mounting, Matting & Color Selection

After your photos are organized, you are ready to learn to make the most of your scrapbooking talents and artistic ideas. In this workshop, you will combine the use of mattes, stickers, and other embellishments to enhance scrapbook pages. Quality photo safe projects will be provided. **Instructor: Julie Caise.**

Class note: Please bring 8-15 photos to create two pages.

Wednesday, Sept. 21
5:30-7:30 p.m. • KCC Room D151
\$29

Register online at www.kcc.edu/comejoinus

IN-PERSON



Flower Arranging

Join us as to create a one-of-a-kind arrangement--perfect for gifting or keeping and enjoying! You'll receive hands-on teaching and instruction from Michaela Mantarian and will leave with your very own arrangement. If you're ready to get a little creative, dive into a night with friends, and pick up a few flower arranging skills.

Instructor: Michaela Mantarian.

Thursday, Sept. 22 • 6-7:30 p.m.
KCC Iroquois Room • \$69

Thursday, Nov. 3 • 6-7:30 p.m.
KCC Iroquois Room • \$69

MEET YOUR INSTRUCTOR

Micheala Mantarian

is a wedding planner turned florist with a heart to serve couples, florists, and friends in Kankakee County & the greater Chicago-land area. She has a you-pick flower bar, The Flower Cart, at the Kankakee Farmer's Market. Michaela is a serious advocate for lush, light, and airy bouquets and arrangements! After learning to become a florist, Michaela grew a floral business in just a few short years, and now is spilling everything she learned with you! She has a huge heart for education!



Chunky Knit Pumpkins

Get ready for fall in this workshop by making three chunky knit pumpkins for your home décor. No needles or knitting experience is needed. **Instructor: Jessica Johnston.**

Class notes: Bring three skeins of chunky knit chenille yarn in colors of your choice.

Friday, Sept. 23
6-9:30 p.m.
KCC Room D123 • \$19

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. It includes skits and plenty of practice. Participants must be fluent in both English and Spanish before enrollment. **Instructor: Lupita Sorich.**

Mondays, Sept. 26 to Oct. 31
6-9 p.m. • KCC Room D123
\$99

Scrapbook Journaling

Lifetime events can generate multiple feelings and evoke emotions that you don't want to forget. Journaling is the most difficult but most important part of scrapbooking. Learn prompts to help tell your story. Translate your celebrations, accomplishments and memorials for generations to come. Participants should bring scrapbook pages that need to be journaled. Set aside some time for creativity and join us for conversations with others. **Instructor: Julie Caise.**

Wednesday, Sept. 28
5:30-7:30 p.m. • KCC Room D151
\$29

MEET YOUR INSTRUCTOR

Julie Caise

is a graduate of Donovan High School and Illinois State University with a degree in interior design. Judith has a lifelong passion for creating beautiful spaces and preserving family memories. After years of traveling the country, she has settled down to help others preserve their precious memories as a Creative Memories advisor.



Make Your Own Succulent Arrangement in a Pumpkin

This hands-on class will teach you how to create a succulent tabletop arrangement in a pumpkin featuring a variety of succulents grown by KCC students in their greenhouse. For beginners and experienced alike, this workshop will cover helpful tips on plant selection, proper building techniques, picking the right container with favorite tricks for planting, maintenance and displaying within any home or office environment. You'll leave with your creation, care instructions and all the knowledge you'll need to recreate this project. This class is not to be missed! All materials will be provided. Educational handouts will be provided by the University of Illinois Extension. **Instructor: Katelynn Ohrt.**

Monday, Oct. 3
5:30-6:30 p.m. • KCC Room VA04
\$29



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-portioned 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 note: Due to preparation of supplies, no cancellations will be accepted after the registration deadline (Sept. 30); however, a substitute may be sent in your place.

Friday, Oct. 7
6-7:30 p.m. • KCC Iroquois Room
\$80

MEET YOUR INSTRUCTOR

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.



Fall Décor Basket

After a long break from basket weaving classes, we will be weaving this fall basket. Join us for a fun evening of basket weaving. Create your own fall door décor, or make this basket as a special gift. Basket size is 1 inch x 10 inches x 14 inches, including handles. Flowers are not included. Register early because seats are limited. **Instructor: Sharon Taylor.**



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

Beer 101

Beer has had a cultural impact on human civilization since the beginning of written history. The class will include a brief history of beer and the beer-making process up through the craft beer revolution in the U.S. of the 1980s, and into today's craft beer market. Additional topics include beer styles, categorization, and the beer-making process. Learn about the proper ways to purchase, store and serve beer. There will be an optional beer tasting event off-site for an additional fee following the course. Participants must be 21 to attend.

Instructor: Joshua Riley.

Thursday, Oct. 6
5:30-7 p.m. • KCC Room D124
\$29

MEET YOUR INSTRUCTOR

Joshua Riley

is an adjunct professor of English at KCC. In his spare time he co-hosts a podcast about Nintendo games with Josiah Black. Joshua runs a YouTube Channel called Random Number Lit that works through the 1,000 books you have to read before you die in random order. He has written about craft beer for The Daily Journal and the Chicago Reader for the last 5 years.



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, Oct. 21

**6:30-8:30 p.m. • KCC Room D123
\$25**

Chunky Knit Blanket

In this workshop you will learn the hand knitting process to create a super cozy, one-of-a-kind blanket. You can keep it for yourself or save it to give someone.

The 40 inch x 50 inch blanket requires no needles or knitting experience. You will get step-by-step instructions.

Instructor: Jessica Johnston.

Class notes: Bring seven skeins of chunky knit chenille yarn. To have a multi-color blanket, bring four skeins of your first color choice and three skeins of a second color.

Friday, Oct. 21

6-9:30 p.m.

KCC Room D124 • \$34

Hikaru Dorodango: Japanese Art of Making Mud Balls

Hikaru dorodango, a Japanese art form, translates to "balls of mud that shine." During this hands-on class, you will create your own hikaru dorodango by molding earth and water to create a delicate shiny sphere, resembling a billiard ball. The process requires both patience and concentration. The class is taught in a meditative environment to help foster a relaxed state. The process is simple, but the result makes it seem like alchemy. No experience is necessary.

Instructor: Jeffrey Sternickle.

Saturdays, Oct. 29 and Nov. 5

9 a.m. - noon • KCC Room D151

**\$50, plus a \$10 supply fee
payable at the first session.**



MEET YOUR INSTRUCTOR

Lupita Arredondo-Sorich

has been a freelance Spanish interpreter and translator since 1990. Sorich has the training, knowledge, experience and professionalism to provide an excellent interpretation and translation. She has experience in the two major modes of interpretation: Simultaneous and Consecutive, in legal, medical and social services settings. Sorich has interpreted and translated at the local, national and international levels.



Spanish Interpretation: Legal

Court interpreters provide accurate interpretation and translation for witnesses and parties in courtrooms and other legal proceedings where legal terminology is used, and knowledge of legal procedures and processes is essential. This legal interpretation course allows the interpreter to practice through role playing the skills taught in class for a real world experience. The course covers: fundamentals of legal interpretation; roles of the legal interpreter; interpreter protocol; code of ethics; standards of practice; legal vocabulary acquisition; and study. Oral interpretation exercises, role playing and memory techniques will also be taught. **Instructor:**

Lupita Sorich.

Class notes: You must attend all sessions and pass a final test to earn a certificate of successful completion. You must be fluent in both English and Spanish before enrollment.

Mondays, Nov. 7 to Dec. 15

**6-9 p.m. • KCC Room D123
\$99**

Stylize Your Christmas Tree Like a Professional

This class will contain the basics of how to stylize and decorate your Christmas tree! You will learn how to make bows and give your tree that designer look you've always wanted. Professional designer, Blake Tuohy, is here to help! Learn how to hang ornaments, create bows, stick in objects and signs, and most importantly, show your friends what they're missing! Let's trim the trim to perfection! Participants will make their own bow to take home. **Instructor:**

Blake Tuohy.

**Wednesday, Nov. 9
6-7:30 p.m. • KCC Iroquois Room
\$39**



MEET YOUR INSTRUCTOR

Blake Tuohy

was born in a small town in Indiana. He created 2E Designs in 2015 while attending Indiana University Purdue University in Indianapolis. His passion for decorating led to career offering custom designs for clients all over the world, while maintaining an interior design and decorating business in DeMotte, Indiana. With home decorating, seasonal decorating, and unique styles for Christmas trees, Blake's creations are one-of-a-kind. The loyalty he values with clientele is highly valued because of the pride and commitment he strives to fulfill in each and every project.



Tarot Cards Explained

In this beginner's class, you will discover the origins, history, and symbolism of Tarot Cards. Often associated with fortune telling, Tarot Cards have a far richer history than you might suppose. Using custom Tarot flash cards and a hands-on approach, participants will learn the basic meanings behind each of the 78 cards, how to do a "basic spread," and much more. You will go home with your own set of Tarot flash cards and an illustrated "tip sheet" to help with card readings. **Instructor: Jeffrey Sternickle.**

Saturdays, Nov. 12 & 19

9 a.m. - noon • KCC Room D124

\$50, plus \$10 supply fee payable at the first session.

Learn to Blog

Learn how to create your own blog. A web log or "blog" is a web-based journal where you can publish your thoughts and opinions on the Internet. It's a quick and easy way to collect and share things that you find interesting. Whether it's a personal diary, your political commentary, or just pictures and thoughts to share with family and friends, a blog is the fastest way to get on the web. During this class participants will create and publish their own blog. Prerequisite: Basic computer skills and knowledge. **Instructor: Jeffrey Sternickle.**

**Saturdays, Dec. 3 & 10 • 9 a.m. - noon
KCC Room D122 • \$65**

Jay Sternickle

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. Sternickle has taught for more than 20 years at community colleges, elementary schools, libraries, and other community venues. Sternickle currently teaches at Joliet Junior College. Previously, Sternickle 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.



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.

1862: The American Civil War: In-Person / Live Webinar

This class will explore the critical events and battles of the American Civil War during 1862. Our discussion will begin with the January 1862 battle at Mill Springs, Kentucky, and end with the Battle of Stones River on Dec. 31, 1862. Pivotal events that will be discussed include Battle of Fort Henry, Donelson Pea Ridge, The Ironclads Shiloh, The Peninsula Campaign, The Shenandoah Valley Campaign, The Seven Days Campaign, Cedar Mountain, 2nd Manassas, Antietam, Perryville, Prairie Grove, and Fredericksburg. Choose to attend in person, as a live webinar, or get the recording. **Instructor: Christina Smith.**

Fridays, Sept. 2 to Dec. 2

9 a.m. - noon • KCC Room D212

OR Live Webinar

\$119

Harry Houdini - In-Person / Live Webinar

Born Erich Weisz, Harry Houdini grew up an impoverished Jewish immigrant in the Midwest and became a world-famous escape artist who risked death over and over. This class explores Houdini's upbringing and rise to fame, his dangerous feats, his attempts to debunk spiritualism, his fight with Sir Arthur Conan Doyle, and his untimely death on Halloween. The legacy Houdini he left behind will be discussed. Choose to attend in person, as a live webinar, or get the recording. **Instructor: Christina Smith.**

Friday, Oct. 28

9 a.m. - noon • KCC Room D212

OR Live Webinar

\$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.



MEET YOUR INSTRUCTOR

Statue of Liberty - In-Person / Live Webinar

The Statue of Liberty is a symbol of American nationalism that originated because of the American Civil War. This class explores the layout and massive design and construction plans for a colossal monument. We will discuss the fundraising campaigns and major obstacles that both the French and Americans faced in finalizing Lady Liberty. We will examine the statue's shipment from France and the ceremonies surrounding her arrival and unveiling in New York. Choose to attend in person, as a live webinar, or get the recording.

Instructor: Christina Smith.

Friday, Dec. 9

9 a.m. - noon • KCC Room D212

OR Live Webinar

\$25

MEET YOUR INSTRUCTOR

Mindful Movement Method - Live Webinar

This is a functional movement yoga class. Learn the secret of moving with ease and grace. Yoga is for anybody at any stage of life. Regular practice of a few key yoga moves helps keep you limber and strong. Participants will practice ways to stabilize their body for an effective stretch. This class is for anyone who wants to keep living independently, isn't looking to stand on their head or stick their toes to their ears, and has never done yoga. Participants will move around and get up and down. Utilizing assistance is encouraged with a sturdy chair, wall, or yoga block. Key moves in every yoga class: Hinge, Lunge, Squat, Push/Pull, Rotate and Stand. **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.

Class notes: Recommended (but not required) gear is a yoga mat or thin blanket.

**Tuesdays, Sept. 13 and Nov. 8
5:30 - 6:30 p.m. • \$50**

MEET YOUR INSTRUCTOR

Nell Wood

has been practicing yoga since the turn of the century. She became certified to teach in 2013 and since then she 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, which can help you live independently longer and avoid injury.



Register online at www.kcc.edu/comejoinus

IN-PERSON



Get Organized, Stay Organized, and Save Money - Live Webinar

You'll save time and money by being more organized. Avoid paying an extra charge bills, because they won't be late. Make better lists and get everything you need at the grocery store without forgetting something. This workshop will show you how to get organized, stay organized, and save money in the process! Lots of tips and great ideas will be offered, and you will feel in control of your life! **Instructor: Beth Randall.**

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, Sept. 15
6:30-8 p.m. • \$30**

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, make money as a freelance writer, and determine when and how to get an agent. Informative handouts for future use are included in class fee.

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 internet access and an email address.

**Tuesday, Sept. 27
5-7 p.m. • \$45**

Self-Publishing Options - Live Webinar

Self-Publishing is all the rage, but is it the best option for YOU? Can you write AND publish? Learn the pros and cons of self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options. You'll see how these options compare to traditional publishing. The handouts include a rated description of 50 self-publishing companies for future use. Prerequisite is Beginners Guide to Getting Published. **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 internet access and an email address.

**Tuesday, Sept. 22 • 7-8 p.m.
\$30, includes handouts.**

Home-Based Business Ideas - Live Webinar

Are you 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, many ways to market your product/service, 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 internet access and an email address.

**Wednesday, Sept. 28
5-7 p.m. • \$45**



Monetize Websites, Blogs and Social Media with Affiliate Marketing - Live Webinar

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site. You can earn a commission for every sale, click or lead. Learn about low-cost opportunities and how to avoid scams or links that do not offer a beneficial return on investment. Additional topics include how to find high, recurring, and second-tier commissions and ways to increase your site's ranking and visibility on search engines like Google. **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 internet access and an email address.

Thursday, Sept. 29
5-6 p.m. • \$30

Writing for Online Blogs, Magazines & Websites - Live Webinar

In this fast-paced webinar, you will learn how to find ideas, sources and more than 1,000 opportunities that pay you to write. Topics include conducting interviews and creating interesting content, protecting your copyright, writing query letters, and using credibility to sell articles or even your self-published novel. **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 internet access and an email address.

Saturday, Oct. 1
1-2 p.m. • \$30

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. This live webinar is presented by a retired latent fingerprint examiner with over 35 years of experience. You will review three cases and determine what is seen in the evidence. **Instructor: Lynne Dean.**

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

Saturday, Oct. 8
9 a.m. - noon • \$35

Instant Piano for Hopelessly Busy People - Live Webinar

Learn to play piano the way professionals do: using chords. Since this class is a live Zoom webinar, you will be able to sit at your piano or keyboard at home and take this course with no pressure. The course is lecture/demonstration and hands-on instruction. Topics include: How chords work in a song, getting more out of sheet music by reading less of it, forming the three main types of chords, handling different keys and time signatures, avoiding "counting," and simplifying over 12,000 complex chords. 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. **Instructor: Craig Coffman.**

Class note: 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.

Monday, Oct. 10
6:30-9:30 p.m. • \$59

Hidden History: The Assassination of Lincoln - Live Webinar

This class looks at the assassination of President Lincoln. The class begins with a look at U.S. culture in 1865, a brief biography of Abraham Lincoln, and John Wilkes Booth. It then covers the details leading up to the evening of April 14, 1865, at Ford's Theater, the capture of Booth and his accomplices, and the funeral procession of Lincoln. The status of Ford's Theatre and the grave site of Lincoln are also explored. **Instructor: Jeffrey Sternickle.**

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, Oct. 10
6:30-8:30 p.m. • \$20

Regular Practice of Meditation - Live Webinar

Have you always wanted to learn how to meditate? Do you know how to meditate, but haven't started a regular practice? Dedicated time and energy will help you build a regular practice. In this session, you will learn basic meditation techniques, receive motivation to start a regular practice, and take away book and author recommendations to keep exploring. You do not have to sit on the floor cross-legged and very still without any movement, or be on a secluded mountain top to reap the benefits of regular meditation. Once you make the effort, you will notice a difference right away in how you feel. You will wonder what took you so long to try it! All you need is an open and curious mind along with the willingness to try. **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, Oct. 11
5:30 - 6:30 p.m. • \$25

Get Organized to be Green - Live Webinar

Your family can go green. This presentation will help you reuse your own things to get better organized. You will learn the best way to recycle items and keep them from ending up in a landfill. You will learn to set up convenient recycling systems in your home, and the safest way and place to dispose of toxic materials. This is a great presentation for you and the environment!
Instructor: Beth Randall.

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, Oct. 13
6:30-8 p.m. • \$30

Celtic Things that Go “Bump” in the Night - Live Webinar

As the days grow shorter and the nights get longer, learn about the myths and legends of Ireland, Scotland and Wales that have inspired our celebration of Halloween. Plus, learn about the creatures that are said to roam the isles, such as the harmless Leprechauns and Brownies to the terrifying Banshee and Abhartach.

Instructor: Declan Rutan.

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 internet access and an email address.

Monday, Oct. 17
6-7:30 p.m. • \$20

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.



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 more in the USA 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 internet access, a web camera, microphone, and an email address.

Class note: Your “Travel Free” ebook link will be emailed to you a few days before the class.

Saturday, Oct. 22
11 a.m. - 2 p.m.
\$49, includes Henry’s 100-page ebook “How to Travel Free Safe” (retail value \$39.95).

MEET YOUR INSTRUCTOR

Declan Rutan creates the websites and brochures, writes the itineraries, and leads tours with “Are We There Yet?” tour company. One thing to know about Declan is how he met his wife: she asked him to help her plan a tour to Ireland. He received a Master of Public Service degree from the University of Arkansas Clinton School of Public Service, consulted for the Arkansas Division of Family Services, and worked for the East-West Institute in Kosovo, Serbia and Macedonia. You might have seen him on the cover of Groups Today Magazine as one of the “Top 10 Next Gens in Tourism.”

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 webinar. Within 24 hours of the webinar, you will receive an email with a link to the session. All participants require internet access, and an email address.

Saturday, Oct. 29
11 a.m. - 2 p.m.
\$49, includes Henry’s 50-page digital book.

Giants of English Art and Literature (Who Are Actually Irish) - Live Webinar

Sure most people know James Joyce is Irish, but did you know that “Dracula” author Bram Stoker is Irish as well? Or W.B. Yeats and his brother, painter Jack Butler Yeats? We’ll explore these and other towering figures, from poets and novelists to painters and musicians. **Instructor: Declan Rutan.**

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 internet access and an email address.

Thursday, Nov. 3
6-7:30 p.m. • \$20

Work Remotely and Become a Digital Nomad - Live Webinar

Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! 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. **Instructor: Gina Henry.**

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

**Saturday, Nov. 5
11 a.m. - 2 p.m.**

\$49, includes the book "Work Remotely and Become a Digital Nomad" (\$39.95 value).

Hidden History: The Great American Fires - Live Webinar

Most people have heard of the famous fires in Chicago and San Francisco, but other fires that had a major impact have been largely forgotten. Have you ever heard of the Peshtigo and Hinckley fires? What about Coconut Grove or Our Lady of Angels? These fires, as well as others that occurred in workplaces, in entertainment venues, and on bodies of water will be discussed. Come learn about little known important historical fires and what makes them worth understanding today.

Instructor: Jeffrey Sternickle.

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 sound.

**Monday, Nov. 7
6:30-8:30 p.m. • \$20**

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 will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you one 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. Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 26 years and earns 15 free airline tickets and dozens of free hotel nights each year. Materials fee is for The Secrets of Traveling Hacking - Free Air & Hotels. **Instructor: Gina Henry.**

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

**Saturday, Nov. 12
11 a.m. - 2 p.m. • \$49**

Generate Good Vibes - Live Webinar

Just in time for the holidays, learn the ancient technique of Loving Kindness Meditation. This technique helps participants lose their attachment to ego and ascent to a higher level of loving kindness and compassion for all beings and situations. The instructor, Nell Wood, studied this method and applied it to her meditation practice to help her stop behaving belligerently in traffic as well as other areas in her life. She is happy to share it with others. Don't think you are destined to be a pessimist forever. All you need is an open and curious mind along with the willingness to try. A short pre-reading will be sent to participants prior to the session. **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, Dec. 6
5:30 - 6:30 p.m. • \$25**

Voiceovers (Getting Started In Voice Acting) - Live Webinar

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 a professional voice actor to improve your delivery. 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. **Instructor: Voices for All LLC.**

This is a live event. All participants require internet access, an email address, and video chatting capabilities such as Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).

Class notes: Participants must be 18 years or older. Email continuinged@kcc.edu to schedule your time.

\$49



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. Six week course access.

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

\$94

Secrets of Better Photography - Online Course

Learn to take outstanding photos and get the best results whether you are using a DSLR, a point-and-shoot, or your phone camera. Each lesson contains exercises and assignments that will help you apply new techniques to your own camera and make a distinctive difference in your photos. Six week course access.

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

\$94

Genealogy Basics - Online Course

Learn to trace your family history and make it come alive. This course provides hands-on examples that help you dig deeper into your family's past using several subscription-based websites that you will be able to access to during the course. Six week course access.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$94

Introduction to Journaling - Online Course

Learn exciting new ways to express yourself and develop your creativity through journaling. This course will help you discover how to use your journal to explore your thoughts, feelings, values and support your emotional well-being in good time and through difficult changes. Six week course access.

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. Six week course access.

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 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. Six week course access.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$94

Register online at www.kcc.edu/comejoinus

IN-PERSON

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 it for review. You will also continue to explore Deaf culture by learning more about its history in the U.S., famous deaf individuals, and the impact of recent laws and technology on the modern-day Deaf community. This course will help you build confidence in your ability to sign with the Deaf community. Six week course access.

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

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, and teach useful tips to manage your time wisely. Six week course access.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$94

Stocks, Bonds and Investing: Oh My! - Online Course

Learn the basics of stocks, bonds, and investing so you can be independent and confident about your financial decisions. This class will teach you how to prepare for retirement, manage your finances, and pay for college without needing to hire a broker or financial advisor. Six week course access.

New course sessions begin monthly. Enroll at www.ed2go.com/kankakeecc. Full details on registering for Ed2Go online classes is on Page 4.
\$94

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 from floor to ceiling with understanding of color theory, industry trends, special arrangements, floor plans, design ideas, and interior design basics. Six week course access.

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

\$115

Learn to Buy and Sell on eBay - Online Course

Learn from an auction pro how to work from home or earn extra income by buying and selling goods online for top dollar. This course will teach you how to get noticed, value items, sell quickly, protect against fraud, and safely conduct financial transactions. Six week course access.

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 **adulthood.kcc.edu** or call **815-802-8300**

IN-PERSON



A new beginning for those who need it

Please note: We are ready to work with you! The COVID-19 pandemic has changed how classes are offered. It has not changed our commitment to helping you reach your goals. It's all more flexible now than ever!

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

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.

Adult literacy

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



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 Equivalency *GED®/HiSet*

The High School Equivalency 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 or HiSet High School Equivalency 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.**

High School Equivalency Preparation

These programs are designed for students to prepare for a high school equivalency test.
The classes are for those who would like to improve 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.

KCC 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
- Class meetings by appointment

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:

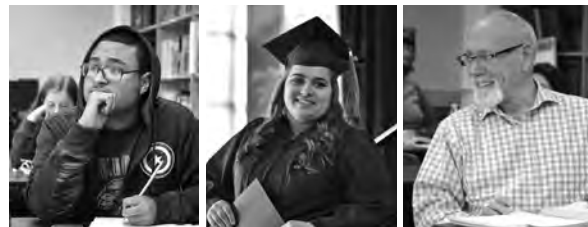
- I Have an Interview Now What
- Resume Development
- Job Hunting in a Digital World

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

ECRWSS

Taking a break from school?

**Explore career options.
KCC's FREE GAP YEAR PROGRAM
will help you find your passion.**

- Learn about new skills without the pressure of classes
- Pace yourself while thinking about what's next
- Expand your network by meeting other Gap Year students

**Sample careers for hands-on activities/
discussions with industry experts:**

- Law enforcement
- Health care
- Business Education
- Computer Graphics
- Manufacturing

**Presentations
once per week
Sept. 19 to Dec. 12**

For registration and schedule details:
**Cesar Avalos at cavalos@kcc.edu
or chat at kcc.edu**

Kankakee Community College