

PERSONAL ENRICHMENT

Defend Yourself Against Violence

Gain personal confidence by learning the most effective strategies for defending yourself. You'll learn how to enhance your awareness, assess threats, and manage violent situations. We'll cover how to recognize threats and de-escalate situations, when legal use of force is warranted, and proven self-defense tactics. Taught by former Deputy Sheriff and Law Enforcement Training Specialist, Jesse Lawn.

Jesse Lawn, Instructor. 6-9 pm, Monday. Chemeketa Salem Campus, Bldg. 7, Rm. 104.

Session 1 – Jan. 23

(CRN 61352) \$39 Register by Jan. 18 or register online and save \$10

Session 2 – Feb. 13

(CRN 59963) \$39 Register by Feb. 8 or register online and save \$10

FEMA Community Emergency Response Team Training

An introduction to Community Emergency Response Team (CERT) training and a refresher for current CERT team members. It has six modules with topics that include an Introduction to CERT, Fire Safety, Hazardous Material and Terrorist Incidents, Disaster Medical Operations, and Search and Rescue. 2.1 CEU's provided to students completing the course.

Paul Guthrie, Instructor. 6:30-9:30 pm, Fridays, Feb. 3 & 10 and 8 am-4:30 pm, Saturdays, Feb. 4 & 11. Chemeketa Salem Campus, Bldg 14.

(CRN 62234) No fee

Ghost Hunting an Introduction to Paranormal Investigation

Experience paranormal investigation first-hand, and use the latest equipment and techniques for investigating the paranormal. You'll learn about proper techniques and procedures for conducting paranormal investigations, understand different types of hauntings, and practice with equipment used to conduct investigations. You'll also get some tips on obtaining permission, and find out about the potential dangers associated with paranormal investigations.

Bernard Powell, Bret Edmisten, Michael Gambino of Team-OPHIR, Instructors. 6:30-8:30 pm, Wednesdays, Jan. 11 to Feb. 8. Chemeketa Salem Campus, Bldg. 3, Rm. 264.

(CRN 60092) \$99 Register by Jan. 6 or register online and save \$10

Life Prep Through Acting Series

Led by the Director at Pentacle Theatre, students will learn fundamental acting techniques, play production, set design, costuming and more. Class takes place in a professional theater setting. All level students welcome. Take both the beginning and continuing classes and save \$79.

Jo Dodge, Instructor. 9 am-Noon, Saturdays, Jan. 14 to Mar. 17. Pentacle Theater.

(CRN 61258) \$239

Beginning – Jan. 14 to Feb. 11

(CRN 61256) \$159 Register by Jan. 11 or register online and save \$10

Continuing – Feb. 18 to Mar. 17

(CRN 61257) \$159 Register by Feb. 15 or register online and save \$10

NEW! Magic Basics Series

Take the series, which includes both classes below and save \$39.

John Edsall, Instructor. 6:30-8:30 pm, Thursdays, Jan. 12 to Mar. 1. Chemeketa Salem Campus, Bldg. 3, Rm. 264.

(CRN 61207) \$119

Magic Basics 1 – Jan. 12 to Feb. 2

Astound friends and family! Learn some of the secrets of the ages! Learn card, coin and rope magic that will allow you to entertain anywhere, anytime. Emphasis will be placed on the technical aspects of presenting magical effects. Bring a deck of playing cards to the first class. All other supplies will be discussed the first night.

(CRN 61208) \$79 Register by Jan. 9 or register online and save \$10

Magic Basics 2 – Feb. 9 to Mar. 1

Continue developing your magic skills; this class will revisit cards, and add paper magic, mentalism, and putting together a magic show.

(CRN 61209) \$79 Register by Feb. 6 or register online and save \$10

Managing Diversity - Hiring Diversity on Purpose

Become a cultural broker for your organization in this informative class on hiring diversity on purpose. Come and learn the best practice strategies and techniques used to attract and recruit diverse members for your team. You will learn about the value of diversity, how to articulate the strengths of diversity in your organization, and how to unleash the power and potential of having a diverse workforce. Then you'll put together a strategy to identify the cultural barriers and overcome them in your recruiting efforts.

Alyssa Packdell, Instructor. 6:30-8:30 pm, Tuesdays, Feb. 7 to Feb. 28. Chemeketa Salem Campus, Bldg. 3, Rm. 106.

(CRN 62286) \$99 Register by Feb. 2 or register online and save \$10

Mindful Health Care Provider

Being a caregiver can be extremely stressful, and caregivers often find their work gets in the way of taking care of themselves. Let's explore the need for humor and discover some strategies for balancing the role of caregiver with your need for stress reduction, spirituality, creativity and vitality. You'll develop a personal survival guide for caregiving, and leave the workshop refreshed and inspired to fulfill your caregiving commitment, and to rejuvenating yourself.

Alyssa Packdell, Instructor. 6:30-8:30 pm, Thursday, Jan. 12 to Feb. 2. Chemeketa Salem Campus, Bldg. 3, Rm. 106.

(CRN 62285) \$119 Register by Jan. 9 or register online and save \$10

Relationships Begin with You

Improve your relationships by improving your relationship with yourself. Learn why loving and accepting yourself is essential to good relationships with others. Gain tools for letting go of expectations, improved communication and increased empathy.

Rene Pyatt, Instructor. 6:30-8:30 pm, Tuesdays, Feb. 7 to 28. Chemeketa Salem Campus, Bldg. 3, Rm. 273.

(CRN 61955) \$69 Register by Feb. 2 or register online and save \$10

Sudoku the Easy Way

Solve most Sudoku Puzzles within 15 minutes using this proven method. You'll learn to look at the Sudoku puzzle and see where the numbers go.

Steve Westfall, Instructor. 9:30 am-12:30 pm, Saturday, Jan. 14. Chemeketa Salem Campus, Bldg. 5, Rm. 257.

(CRN 60023) \$39 Register by Jan. 11 or register online and save \$10

Workin' It Out - Facilitating Structured Conversations

Facilitating interpersonal communication in the workplace is an extremely important skill for any manager or human resource member. Come and learn how to facilitate difficult conversations in such a way as to earn respect, develop trust, and that truly engages the people who work for your organization. Emphasis is placed on developing trust and respect, inviting honesty, managing conversations and acknowledging and recognizing others.

Alyssa Packdell, Instructor. 6:30-8:30 pm, Tuesdays, Jan. 10 to 31. Chemeketa Salem Campus, Bldg. 5, Rm. 257.

(CRN 61539) \$99 Register by Jan. 5 or register online and save \$10