



FRASER VALLEY

CONTINUING EDUCATION

FALL 2024

Course Catalogue



NOW OFFERING

 **Virtual Classes!**

Register Now!

www.FraserValleyContinuingEducation.ca



How to Register



By Phone

Contact us
9:30-4pm Monday-Friday
604.533.4227



In Person

Visit us during office hours
9:30-1:30pm Monday-Friday
Suite 204-20621 Logan Ave



Online

Visit our website 24/7!
www.FraserValleyContinuingEducation.ca

Our Virtual Classroom

We have always been proud to offer interaction with real Instructors, those with field experience, who have a passion for teaching and coaching. When it's not possible to teach in a real classroom, we are still able to offer these excellent learning experiences using cutting-edge tools in a virtual learning environment. These classes are accessible worldwide.

By using the **Google Classroom** platform, and **Google Meet** with real-time video between Instructors and Students, we are able to deliver quality learning online. For each class, students receive an invitation by email that contains a link. When clicked, the link will take you directly into the virtual classroom. **Nothing extra to buy or install.**

This system is **easy to use for all types of computer equipment**, including Android phones and iPhones, iPads, Android tablets, Macs, or PC's. No special software or equipment is necessary, and you can learn right from your web browser. The Chrome browser is recommended, unless you have a Google account.

WHERE TO FIND YOUR CLASS

Continuing Education Registration
Offices, Computer Lab and Classroom
📍 #204-20621 Logan Ave, Langley

Credo Christian High School
📍 21846 - 52nd Avenue, Langley

Doubleday Arboretum
📍 21177 Fraser Highway, Langley



Registration is now open
for Fall 2024 courses.

Registration for Winter/
Spring 2025 programs
will open Dec 1, 2024.

Messages From The Team

Every fall, the trees remind us how beautiful it is to let go in anticipation to start fresh. These lessons apply everywhere we look in life, and we have so much to be grateful for in them. This fall brings some changes to Fraser Valley Continuing Education that, while unexpected, are showing us what we can do to start fresh and evolve.

In the ever-changing scene of small businesses, we are learning what works, and what doesn't. We are looking to the future of Fraser Valley Continuing Education can be while honouring where it has been. Our office is seeing the biggest of these changes, seeing us make the move to part-time remote work, and operating in the office Monday to Friday from 9:30am to 1:30pm and otherwise by appointment. And as always you can reach us by email at info@fraservalleycontinuingeducation.ca or online 2/7 at fraservalleycontinuingeducation.ca.

Another change we have opted to pursue is moving our catalogue to an online PDF version, available through e-mail and on our website. Of course, some people prefer the paper versions, and while we are not opposed to helping you obtain it by mail, this enables us to lessen our environmental impact from printing all of those catalogues - some of which never get opened and go right into the recycle bin.

We have also welcomed Erin Schwaiger to our team in the role of Office Assistant. Erin and Sarah have worked together in one capacity or another since they first met as

teenagers 27 years ago. They planned events for youth as youth themselves, then as young adults, maintaining their fun outlook as they have walked side by side in motherhood and adulthood. Barb has had the pleasure of being a big part of who they grew to be, so this is an especially exciting time for her to see where this goes with their creative natures! Together, they hope to bring Fraser Valley Continuing Education to new heights while creating opportunities based on strong community values.

Last, but most certainly not least, our most precious and ever-flourishing tree has decided that it is time for her to let go of the beautiful leaves she has shrouded us with over the years. Kim Rosset, our incredible Office Manager who has been with Continuing Education since its days as Langley Continuing Education, has entered her own personal season of autumn. Deciding in the late spring to retire this Fall, she has given herself the gift of spending time with her grandchildren and in her hobby room, doing what makes her happy and putting herself first after so many years of nurturing the school. Kim, thank you for all of the love and time you put into making Fraser Valley Continuing Education what it has been over the years, and we certainly hope that this is not the end of our story with you!

As we approach the chilly weather, sit back and take a look at our new classes. We have some exciting things coming, and we can't wait to share them with you.

Barb, Sarah, and Erin



Our Certificate Programs



Our Certificate programs are geared towards helping you start a new career or upgrade your current career.

Administrative Assistant Certificate:

This Certificate program is designed to give you a solid foundation in office and computer skills. Upon completion you will have a full working knowledge of Microsoft as well as Bookkeeping and a Computerized Accounting Program. There are always excellent employment opportunities for well trained Administrative Office Assistants, especially with up-to-date skills and certifications.

Computerized Accounting Certificate:

Whether your goal is to be employed in a business office, working in an accounting position, or starting a home-based business contracting bookkeeping and accounting job, this Certificate program will provide a foundation of knowledge and skills for you to succeed. You will develop a basic understanding of bookkeeping, accounting and payroll. You will also be knowledgeable in both Quickbooks and Sage Computerized accounting programs.

Computer and Clerical Proficiency for the Business Office Certificate:

This Certificate program is designed for persons entering or re-entering the work force and seeking employment performing a wide range of clerical duties in a business office. With this Certificate you can choose from a wide variety of programs and will also gain knowledge of the Microsoft programs. This program is for students who do not want to take a full-time career training program; it groups all the courses you will need to gain the skills necessary to perform the duties in a typical business office.

Administrative Assistant Certificate Requirements:

Computer Basics Level 2	\$104.99
Keyboarding Beg or Keyboarding Plus	\$149.99
Bookkeeping & Intro Accting	\$439.99
Bookkeeping - Level 2	\$244.99
Sage 50 or Quickbooks P1	\$284.99
Sage 50 or QuickBooks P2	\$284.99
Word Level 1	\$284.99
Word Level 2	\$284.99
Word Level 3	\$264.99
Excel Level 1	\$284.99
Excel Level 2	\$284.99
Excel Level 3	\$264.99
Outlook Level 1	\$264.99
PowerPoint Level 1	\$284.99
Supervisory Skills Level 1	\$264.99
Business Writing 1	\$159.99
Business Writing 2	\$159.99

Total Cost **\$4315**
(including textbooks)

Discounted price if purchased as a package! **\$3884 + GST**

Computerized Accounting Certificate Requirements:

Computer Basics Level 2	\$104.99
Excel Level 1	\$284.99
Excel Level 2	\$284.99
Excel Level 3	\$264.99
Word Level 1	\$284.99
Outlook Level 1	\$264.99
Keyboarding or Keyboarding Plus	\$149.99
Bookkeeping & Intro Accting	\$439.99
Bookkeeping - Level 2	\$244.99
Payroll	\$244.99
QuickBooks - Part 1	\$284.99
QuickBooks - Part 2	\$284.99
Sage 50 - Part 1	\$284.99
Sage 50 - Part 2	\$284.99
Business Writing 1	\$159.99
Business Writing 2	\$159.99

Total Cost **\$4030**
(including textbooks):

Discounted price if purchased as a package! **\$3627 + GST**

Computer & Clerical Proficiency for the Business Office

Certificate CORE (required) Courses:

Computer Basics Level 2
Word Level 1 & Word Level 2
Excel Level 1 & Excel Level 2

Certificate Additional Courses:

(up to 6 credits req)

Bookkeeping & Intro Accting	3 credits
Bookkeeping Level 2	2 credits
Keyboarding	2 credits
Keyboarding Plus	2 credits
Word Level 3	2 credits
Excel Level 3	2 credits
Sage 50 - Part 1	3 credits
Sage 50 - Part 2	3 credits
QuickBooks - Part 1	3 credits
QuickBooks - Part 2	3 credits
Payroll	2 credits
PowerPoint Level 1	2 credits
PowerPoint Level 2	2 credits
Outlook Level 1	2 credits
Outlook Level 2	2 credits
Supervisory Skills Level 1	2 credits

Package Price **\$1790.00 + GST**

! To receive the discounted price, students must register for all of these courses and make payment at the same time. Please call the office for more information or to register, at 604-533-4227.

Policies and Registration Info

How to Register

Register anytime at FraserValleyContinuingEducation.ca for any of our courses. The website works on your computer, smartphone, or tablet. If you need assistance, please call our office at 604-533-4227, and we'll be happy to walk you through it. You can also come to our office in person for assistance during regular business hours, or by appointment at Suite 204, 20621 Logan Ave, in downtown Langley.

Ways to Reach Us

Through our website:

FraserValleyContinuingEducation.ca

On Social Media:

Facebook.com/FraserValleyContinuingEducation

Instagram.com/FVContinuingEd

By Phone:

Our main office number is still the same, 604-533-4227.

In Person:

Our office and Computer Lab are located at Suite 204-20621 Logan Avenue, in downtown Langley, BC, V3A 7R3.

Taxes

Course fees listed on our website or in this catalogue do not include tax. All courses are subject to GST (5%).

Program Cancellation Policy

Fraser Valley Continuing Education reserves the right to cancel courses with low enrollment. When a course is canceled, students will have the following options:

1. Receive a full refund for the program;
2. Ask to have their registration fee applied to the next offering of the course or;
3. Apply the course registration fee to a program of their choice that still has space available.

If a course has to be cancelled, Students will be notified by email no later than 1 day prior to the start of the course. Paid in full Certificate programs are non refundable once paid for, only a credit note will be issued to your account if not finished or the student changes programs.

Refund Policy

For Multi- day Courses:

When student notice of a course withdrawal is received no less than 7 days prior to the start of the class, the administration fees are as follows:

- \$0-\$299.99 A 35.00 Admin fee will be charged and the remaining amount will be refunded
- \$300.00+ A 15% Admin fee will be charged and the remaining amount will be refunded

When Student notice of course withdrawal is received less than 7 days prior to the start of the class, a 50% refund is offered, or student may opt to transfer to the next offering of the course without penalty. (must be done 72 hours before class starts)

When Student notice of course withdrawal is received after the first day of class, no refund is offered.

For One Day Courses:

When Student notice of course withdrawal is received prior to seven business days before the start of the course, Student will receive a refund minus \$35 administration fee.

No refunds will be provided when Student notice of withdrawal is received less than seven days prior to the start date of the course.

NSF Cheques

There will be a service charge of \$30 levied against all cheques returned as NSF.

Medical Office Assistant

See Website for
School Closures

Complete all 3 MOA classes & 1 Keyboarding class to receive MOA Certificate

Class Location:  Virtual

\$2400.00+GST (Includes the price of keyboarding.)

Registration date for Winter/Spring open Oct 15, 2024.

Ethics/Confidentiality & Office Procedures

Instructor Helen Galloway 8 sessions

In the first portion of the course, students examine the importance of confidentiality and privacy in the medical setting. In the second component of this course, office procedures focuses on professional code of conduct, recruitment policies, internet usage, safety policies and handling all patient needs, a key component of this focuses on staff management and general housekeeping duties specific to the medical office settings.

Offering 1:  Wed, Sep 4 to Oct 2, 6:30-9:30pm

Medical Terminology & Anatomy

Instructor Helen Galloway 12 sessions

This course combines anatomy and physiology with medical terminology. Students will learn to describe procedures and conditions relating to cases. Students will learn the language through word prefixes, root words, suffixes and combining forms. Medical terminology is a key component of what medical professionals use when they are referring to patient diagnoses, treatment and procedure.

Offering 1:  Wed, Nov 6 to Dec 18, 6:30-9:30pm

No Class: Nov 11

Keyboarding Classes \$149.99 +GST

Keyboarding (Typing) for Beginners 5 sessions

If 'hunt and peck' with a few fingers is your typing style, NOW is the time to learn the new 'Basic Life Skill' of keyboarding. You will be amazed at how easy it is to learn and how much faster you will be able to type with far greater accuracy. You will ask yourself why you didn't do this years ago!

Specialized exercises enable Students to learn the fundamentals and to progressively increase their speed and accuracy. No previous computer experience is necessary. This course is aimed at the non-typist, but is also beneficial for those wishing to brush up on rusty skills.

Offering 1:  Tues, Oct 15 to Nov 12, 6:00-7:45pm

Offering 2:  Thurs, Jan 2 to Jan 30, 8:00-9:45pm

EMR Fluency & Medical Billing

Instructor Helen Galloway 6 sessions

With many Physicians converting their practices over to electronic medical records, the EMR course gives students an overview and exploration of the EMR program 'Myle'. We focus on privacy, confidentiality and security using this system. Students learn to manage different administrator parts of electronic medical records through demonstrations and hands-on exercises. A look at medical billing given to students and they are introduced to medical services plan and claims processing.

Offering 1:  Mon, Jan 6 to Jan 22, 6:30-9:30pm

About Instructor Helen Galloway

Helen's educational background is in Medical Imaging, Medical Radiography, with a specialty certificate in Computed Tomography (CTIC). Helen has completed 32+ years in the field and has 20+ years as an instructor for the Medical Radiography program, specialty certificate program, degree program, clinical instructor at BCIT, and as director of Radiology services and training for FMS Medical systems Inc.

Class Location:  Virtual

Instructor: Jeff Huot

Keyboarding Plus 5 sessions

This unique course is for persons wishing to increase their keyboarding speed and accuracy. This is the ideal course for persons striving to reach a minimum typing speed requirement for employment qualification.

Your Instructor will help you set a goal at the beginning of the course, and through a variety of speed building exercises and drills, you will improve your technique and overall speed and accuracy.

Offering 1:  Tues, Oct 15 to Nov 12, 8:00-9:45pm

Offering 2:  Thurs, Jan 2 to Jan 30, 6:00-7:45pm

Dental Receptionist Certificate Program

Course Details

Total Program \$3899.00 +GST
(Monthly payment plan available.)
Program Dates:

Offering 1:

32 sessions, plus practicum

Tues/Thurs, Sep 17 to Jan 14
9:15-2:30pm

Tues/Thurs, Feb 11 to Jun 12
9:15-2:30pm

Offering 2:

43 sessions, plus practicum

Mon/Tue/Wed, Nov 12 to Mar 5
6:00-9:15pm

Class Locations:

Credo Christian High School
21846 52nd Ave, Langley / Room 111

Winter/Spring 2025:

Offering 1:

Tues/Thurs
Feb 11, 2025 to June 12, 2025
9:15-2:30pm

Registration opens
Oct 15, 2024

This program has gained a reputation throughout the local dental community for producing capable and well-trained graduates. Taught by an Instructor who has been active in the industry for over 40 years, this program will prepare you to be placed immediately into any busy dental practice, and know that you can handle anything the job throws at you.

Students receive functional training in the areas of dental office administration, introduction to dentistry, tooth anatomy, dental terminology, legal conduct and ethical standards, effective communication, appointment scheduling, dental billing, records management, accounts management, and much more.

For a full program description, please visit our website, at:

<https://fraservalleycontinuingeducation.ca/dental-receptionist-certificate-program/>

Prerequisites:

- Grade 12 or mature Student status
- Strong verbal and written proficiency in English (ESL testing may be required)

Graduation Requirements:

- 90% attendance
- 70% grade average
- Two-week full-time practicum (total 64-80 hours)

Course Fees Include:

- Use of a laptop computer, pre-loaded with all required software
- Dental Office Administration Binder
- Dental Fee Schedule Binder
- All materials and supplies other than pens, pencils, tabbed dividers and 3-ring binder, which Students must supply

This program has an information night available. Please see times and dates on our website.



About Pam Welch, Program Instructor

With more than 44 years of practical field experience, Pam Welch still consults to current dental practices regarding office procedures and efficiencies. Her Students are therefore some of the most in-demand graduates in the local dental community. She has spent more than 30 years refining and delivering this program at various institutions in the Lower Mainland.

Business Writing

Class Location:
FVCE Classroom, Suite
204-20621, Logan Ave,
Langley

Business Writing Level 1 \$159.99 +GST

Instructor Toni De Fazio 2 sessions

Achieving clarity and conciseness in business writing is challenging. Business Writing one provides the essential skills and foundational knowledge required for clear and concise professional writing. Participants will learn the proper grammatical components necessary for effective sentence structure, understand the legal considerations relevant to business communication, and acquire practical guidelines for crafting professional emails and text messages.

Offering 1: Mon/Wed, Oct 21 to Oct 23, 6:00-9:00pm

Business Writing Level 2 \$159.99 +GST

Instructor Toni De Fazio 2 sessions

Dive deeper by practising the structured process of creating effective business letters. Develop the ability to write concise and comprehensive business reports. Master the art of minute-taking in meetings, capturing key points and action items efficiently. Improve your proofreading strategies to ensure clarity and professionalism in your documents. By the end of this workshop, you will be equipped to produce professional business documents, enhancing your communication effectiveness in any business setting.

Offering 1: Mon/Wed, Oct 28 to Oct 30, 6:00-9:00pm

Introduction to Creative Writing

\$149.99 +GST Instructor Toni De Fazio 1 session

Learn how to express yourself in the world of creative writing, which may be used as a therapeutic tool. Practice putting your thoughts, ideas and imagination and dive into the world of free form writing with pencil and paper. This hands-on workshop will provide you with the opportunity to discover brainstorming, free writing, writing prompts and character development. Explore the process of crafting a short story in Introduction, Conflict and Climax. Receive constructive feedback on your writing, gaining new perspectives and insights on your creative writing..

Class Location: Credo, 21846 52 Ave, Langley

Offering 1: Sat, Nov 2, 9:00-3:30pm



About Instructor Toni De Fazio

Toni is a passionate, energetic facilitator with over 20 years' experience in Business Administration, Leadership Development and Management. She holds a Diploma in Adult Education and presently teaches Business Writing, Supervisory Skills, Employment Preparation, Conflict Resolution at Coquitlam Continuing Education. In addition, Toni facilitates leadership development workshops in corporate organizations to assist leaders in supporting their staff in reaching their potential. She creates engaging and interactive learning environments which allows learners to practice their newly learned skills in safe supportive environments.

Toni is enthusiastic about enriching individuals' lives with practical skills to set them up for success in their personal and professional lives. In her down time, she enjoys yoga, reading novels and spending time with her husband and teenage boys.

Computer Basics 1 & 2

\$104.99 +GST each Instructor Lori Dowhaniuk 1-2 sessions - 6 Hours

Please see our website for more detailed course descriptions.

Class Location:
FVCE Computer Lab
Suite 204-20621 Logan Ave,
Langley

Computer Basics 1

If you are brand new to computing, this is the course for you! In just six hours, this easy paced course will help you take the first step in becoming a productive user of your computer. Learn how to easily maneuver your way through the Windows environment using the 'mouse', how to manipulate different 'windows', and how to start 'programs'. We will also look at the Internet. You will learn to navigate the 'web'. We will tour a variety of web sites, and you will learn to use 'search engines' to find what you want on the web. You will also learn to send and receive e-mail and pictures to and from friends and relatives.

Offering 2: Mon & Tues, Sep 16 to Sep 17, 6:30-9:30pm

Offering 3: Wed, Sep 18, 9:30-4:00pm

Computer Basics 2 – Preparation for Microsoft Office

This course will introduce you to the Microsoft Office environment and ensure competency in basic Windows skills required for all Microsoft Office courses. Windows skills covered will revolve around Files, Folders, and the Microsoft Windows "Documents" storage area. Using both Microsoft Word & Microsoft Excel you will learn the difference between "Save" & "Save as" and discuss what it means to "Open" a file. You will get hands-on practice in both programs, Saving files to specific Folders and Opening files from specific Folders.

Offering 1: Thurs, Sep 19 to Sep 26, 9:30-12:30pm

Offering 2: Tues & Wed, Sep 24 to Sep 25, 9:30-12:30pm

Offering 3: Tues & Wed, Sep 24 to Sep 25, 6:30-9:30pm

Offering 4: Thurs, Oct 3, 9:30-4:00pm

Computer Basics for Seniors \$159.99 +GST Windows, Word, and the Internet

Instructor Lori Dowhaniuk 4 sessions

In just four weeks, during these leisurely and relaxed afternoon sessions, we will turn you into a productive user of your computer. (This course covers much of the Computer Basics Levels 1 & 2 curriculum.) We'll start with Windows and an introduction to computer basics, then spend time on the Internet and e-mail.

Skills covered:

- How to start programs
- Navigating the Windows environment
- How to manipulate windows
- How to work with the Taskbar
- Travel the 'Web' and tour a variety of web sites
- Use search engines to find web sites
- Understand sending and receiving email
- Use eMail to send and receive pictures.

Class Location: FVCE Computer Lab, Suite 204-20621 Logan Ave, Langley

Offering 1: Wed, Sept 25 to Oct 23, 1:30-4:00pm

No Class: Oct 18

Microsoft Excel



Please see our website for more detailed course descriptions.

About

Microsoft Excel is the spreadsheet program found in the Microsoft Office suite of programs. It is the most popular spreadsheet program in the world today.

**Class Location: FVCE Computer Lab
Suite 204-20621 Logan Ave, Langley**



Microsoft Excel Level 1 \$284.99 +GST

Instructor Lori Dowhaniuk 3/5 sessions - 15 hours

This course teaches Students how to work with worksheets and workbooks to analyze data using a variety of features to create, modify and format common business reports such as budgets, inventory reports, invoices, and charts. This course is designed for Students who want to develop the skills necessary to create, edit, format, and print basic Microsoft Office Excel worksheets, and manage and audit numerical reports.

Offering 1: Mon, Oct 7 to Nov 18, 9:30-12:30pm

Offering 2: Mon, Oct 7 to Nov 18, 6:30-9:30pm

Offering 3: Sun, Oct 20 to Nov 3, 9:30-3:00pm

Offering 4: M, T, W, Th, M, Oct 28 to Nov 4, 1:30-4:30pm

No Class: Oct 14, Nov 1, Nov 11

Microsoft Excel Level 2 \$284.99 +GST

Instructor Lori Dowhaniuk 3/5 sessions - 15 hours

This course teaches Students how to apply basic skill sets in addition to learning intermediate to advanced functions to manage and audit numerical reports. Students will work with various functions to perform specific types of calculations, customize charts, work with pictures or shapes in a worksheet, customize formatting for specific types of data, and look at various features for managing different types of lists, using a table or database format.

Offering 1: Mon, Nov 25 to Jan 6, 9:30-12:30pm

Offering 2: Mon, Nov 25 to Jan 6, 6:30-9:30pm

Offering 3: M-F, Dec 2 to Dec 6, 1:30-4:30pm

Offering 4: Sun, Jan 12 to Jan 26, 9:30-3:00pm

No Class: Dec 23, Dec 30

Microsoft Excel Level 3 \$264.99 +GST

Instructor Lori Dowhaniuk 4 sessions - 12 hours

Are you looking to become the "go to" person for Excel in your office? Then our Excel Level 3 course is for you

Learn about some of Excel's most powerful tools. Work with macros to automate repetitive tasks. Perform in-depth analysis of your data with pivot tables and visualize that analysis with pivot charts. Compare potential budgets with the scenario manager.

Offering 1: Mon, Jan 13 to Feb 3, 9:30-12:30pm

Offering 2: Mon, Jan 13 to Feb 3, 6:30-9:30pm



About Instructor Lori Dowhaniuk

Lori has over 35 years of teaching experience. She received her Bachelor of Education at the University of Alberta and started out as a high school typing teacher. A move out west led her to software training and consulting specializing in Microsoft Office. She enjoys sharing her knowledge with her students at all levels.

Microsoft Word



Please see our website for more detailed course descriptions.

About

Microsoft Word is the most popular word processing program in the world. If you wish to create letters, reports, documents, etc., Microsoft Word is the software most commonly used.

**Class Location: FVCE Computer Lab
Suite 204-20621 Logan Ave, Langley**

Microsoft Word Level 1 \$284.99 +GST

Instructor Lori Dowhaniuk 3/5 sessions - 15 hours

This course is designed for Students who desire the skills necessary to create, edit, format, and print basic Microsoft Word documents. It teaches Students how to create and edit documents, apply formatting options, set tabs and indents, manipulate the text using features such as copy, paste, and preview, and then print the document.

Offering 1: Tues, Oct 1 to Oct 29, 9:30-12:30pm
Offering 2: Tues, Oct 1 to Oct 29, 6:30-9:30pm
Offering 3: Sun, Nov 17 to Dec 1, 9:30-3:00pm
Offering 4: M, T, W, Th, M, Nov 18 to Nov 25, 1:30-4:30pm
No Class: Nov 22

Try Our Fast Track Program! ▶▶

Wanting to speed through your class? Try one of our fast track programs. Reduce your time spend from up to a month to ONLY a week, attending your class from Mon-Fri!

Microsoft Word Level 2 \$284.99 +GST

Instructor Lori Dowhaniuk 3/5 sessions - 15 hours

This course teaches Students intermediate Microsoft Word skills that can be combined with basic skills to create more complex documents. Students will look at features such as inserting pictures or shapes, setting up columns of information, saving repetitive pieces of text or graphics for easy access at a later date, styles, and templates to produce professional-looking business documents.

Offering 1: Tues, Nov 5 to Dec 3, 9:30-12:30pm
Offering 2: Tues, Nov 5 to Dec 3, 6:30-9:30pm
Offering 3: Sun, Dec 8 to Jan 5, 9:30-3:00pm
Offering 4: M-F, Dec 9 to Dec 13, 9:30-3:00pm
No Class: Dec 22, Dec 29

Microsoft Word Level 3 \$264.99 +GST

Instructor Lori Dowhaniuk 4 sessions - 12 hours

This course teaches Students advanced skills to create a variety of complex documents. Need to work on a company manual? We'll show you how to add a table of contents, an index and footnotes. Working on a project for school? We'll show you how to add a bibliography. Need to protect your document from changes? We will cover how to restrict editing in the document and password protect your document. You will even learn about Word's built-in blogging tools.

Offering 1: Tues, Jan 14 to Feb 4, 9:30-12:30pm
Offering 2: Tues, Jan 14 to Feb 4, 6:30-9:30pm

Google Suite \$249.99 +GST

Instructor Lori Dowhaniuk 5 sessions - 15 hours

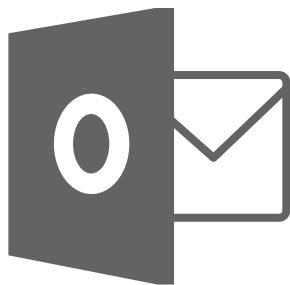
The skills needed to take advantage of the power of five of Google G Suite's online apps will be taught in this course. Learn how to create, share, sync and collaborate with this online-only productivity suite. In the five hands-on sessions students will learn how to sign in and navigate through G Suite; store, synchronize and share using Google Drive; create files with Google Docs word processor and Google Sheets spreadsheet; send, receive, and manage email in Gmail and organize schedules in Google Calendar.

Offering 1: Wed, Jan 29 to Feb 5, 6:30-9:30pm

**Class Location: FVCE Computer Lab
Suite 204-20621 Logan Ave, Langley**

Microsoft Outlook

Please see our website for more detailed course descriptions.



About

Microsoft Outlook is the email program found in Microsoft Office. Though primarily an email client, Outlook also includes such functions as calendaring, task managing, contact managing, note-taking, journal logging, and web browsing.

**Class Location: FVCE Computer Lab
Suite 204-20621 Logan Ave,
Langley**

Microsoft Outlook Level 1 \$264.99 +GST

Instructor Lori Dowhaniuk 4 sessions - 12 hours

More and more, a working knowledge of Microsoft Outlook is becoming an absolute 'must have' on your resume if you are seeking a clerical or management position within the business world.

This course teaches Students how Outlook is structured, how to use the mail module to create, edit, format, and send messages, as well as how to manage incoming messages, use the calendar module to schedule appointments or meetings with others, and then use the contacts module to create and edit a list of contacts.

Offering 1: Thurs, Sep 26 to Oct 17, 6:30-9:30pm

Microsoft Outlook Level 2 \$264.99 +GST

Instructor Lori Dowhaniuk 4 sessions - 12 hours

This course teaches Students how to begin integrating some of the features within Outlook. Topics include how to add or remove additional address books, setting up tasks, working with notes, and looking at how to maintain your system as well as collaborating with others.

Offering 1: Thurs, Nov 28 to Dec 19, 6:30-9:30pm

Microsoft PowerPoint

Please see our website for more detailed course descriptions.



**Class Location: FVCE Computer Lab,
Suite 204-20621 Logan Ave, Langley**

Microsoft PowerPoint Level 1 \$284.99 +GST

Instructor Lori Dowhaniuk 5 sessions - 15 hours

This course teaches Students how to create presentations. You will use a variety of basic commands, functions, and capabilities. Students will understand how PowerPoint can be used to structure and create presentations. The course is designed for computer users who are new to presentation managers..

Offering 1: Thurs, Oct 24 to Nov 21, 6:30-9:30pm

Microsoft PowerPoint Level 2 \$284.99 +GST

Instructor Lori Dowhaniuk 5 sessions - 15 hours

This course is designed for Students who are familiar with PowerPoint, and want to explore some of the intermediate to advanced skill sets. You will learn how to work with slide masters for a consistent look in the presentation, set up animation schemes or customized animation for specific objects, create speaker notes or handouts, run or customize the slide show, use data from other sources in PowerPoint or export from PowerPoint to Word, and collaborate with others on presentations.


Offering 1: Thurs, Jan 9 to Feb 6, 6:30-9:30pm

Supervisory Skills Certificates

Instructor Alison Dennis 5 sessions

Class Location:  Virtual

Level 1: \$264.99 +GST

Offering 1: 

Tues, Oct 8 to Nov 5, 7:00-9:30pm

Offering 2: 

Thurs, Oct 10 to Nov 7, 10:00-12:30pm

Level 2: \$264.99 +GST

Offering 1: 

Tues, Nov 12 to Dec 10, 7:00-9:30pm

Offering 2: 

Thurs, Nov 14 to Dec 12, 10:00-12:30pm

Level 3: \$264.99 +GST

Offering 1: 

Tues, Jan 7 to Feb 4, 7:00-9:30pm

Offering 2: 

Thurs, Jan 9 to Feb 6, 10:00-12:30pm

Level 1 - Foundations of Leadership and Supervision

This foundational course will build your knowledge of what effective leadership looks like and the necessary skills to make you are more successful leader. Topics Covered include: Roles of a Supervisor, Leadership Styles – Find out what your preferred leadership style is and its impact on those you lead, The foundations of Teambuilding, and Basics of effective leadership coaching.

Level 2 - The Effective Supervisor

Building from Level 1, this course covers other functions a supervisor or manager may be responsible for. Some of the Topics covered include: Motivation and Staff Retention, Interviewing skills – how to get the best candidate for the job, How to develop a new employee orientation program, Performance Management as part of an overall talent management program, and A model for providing effective feedback to staff. (Pre-requisite is Supervisory Skills Level 1).

Level 3 - Going beyond the basics

Building from levels 1 & 2, we develop more advanced skills and begin to get you ready to move from front line supervisor to a more senior level in your Organization. In this level of the certificate program topics covered include: Powerful presentations, Supervisor/leader self-care and how to recognize when your staff are struggling with their own wellbeing or stress, and Conflict management. (Pre-requisite for this course is Supervisory Skills Levels 1 and 2).

Conflict Resolution

Class Location:  Virtual

Conflict Resolution for Leaders

Alison Dennis 4 sessions \$195.00 +GST

Sometimes it seems that certain people just have a way of really getting under your skin. What do you do? Do you avoid the conflict, face it head on, try to find a win-win solution or like many people; do you feel like you don't have the skills or confidence to deal with it and so avoid it instead hoping it will just go away?

This comprehensive workshop will build your confidence, your awareness and provide you with hands-on skills training to assist you in dealing with one-on-one conflict, conflict in teams and interpersonal conflict in your relationships.

Offering 1:  Wed, Nov 6 to Nov 27, 7:00-9:30pm




About Instructor Alison Dennis,

CPCC, ACC, Dip Rehab. & Disability Management

Alison brings over 25 years of experience in the Human Resources and Wellness industries, and is a highly effective communicator, international speaker, award-winning program designer, certified coach and project manager.

Bookkeeping

Class Location:  Virtual OR FVCE Classroom, Suite 204-20621 Logan Ave, Langley OR Credo Christian High School 21846 52nd Ave, Langley / Room III

Bookkeeping and Intro Accounting

Course Details

\$439.99 +GST 8 Sessions
Instructor Robyn Maltais


Choose Virtual OR FVCE Classroom:

Offering: 1 & 1a 

Wed, Sep 25 to Nov 13, 9:30-12:30pm

Offering: 2 & 2a 

Tues, Oct 15 to Dec 3, 6:30-9:30pm

Offering: 3 & 3a 

Sun, Nov 24 to Jan 26, 9:30-12:30pm

No Class: Dec 22, 29

Learn accounting basics to understand what your software is doing!

An understanding of basic accounting and bookkeeping is of vital importance to anyone involved in business, even those who are not involved in day-to-day accounting. By the end of this ten week course, you will:

- Understand common accounting terms and have a working knowledge of bookkeeping processes
- Be able to set up a Chart of Accounts
- Understand the relationships between journals and ledgers
- Enter transactions in the General Journal, as well as specialty journals
- Post transactions in the General Ledger and special ledgers
- Create Trial Balances
- Account for GST, and complete Tax Remittances
- Complete Payroll journal entries
- Complete Bank Reconciliations

Students will work with a sample company and a comprehensive and ongoing manual set of books for this company. Each lesson builds on the prior ones so that by the end of the course, students will have a full set of books, including general journal, sales journal, cash receipts journal, general ledger, accounts receivable subledger and accounts payable subledger, and will complete month end.

You will also learn to apply general principles to daily/monthly business procedures.

At the last class students will present their set of books and financial statements to the Instructor for a quick review prior to receiving their Certificate of course completion.




A course manual and/or exercise book is included with your registration fee. Please bring a hand calculator to class. A Certificate will be issued upon course completion.

Bookkeeping Level 2 \$244.99 +GST

Instructor Robyn Maltais 2/4 Sessions

This is a practical course, where we are given various receipts and invoices from a client. Together we will figure out how to organize the Income and Expenses for a sole proprietor. Compilation of invoices and receipts to assist in preparing for Income Tax. Completing an annual GST return. How to set up the bookkeeping system after, Advanced look at GAAP (Generally Accepted Accounting Principals), Payroll and the resources available to us. Learn to complete GST, PST and Payroll Remittance forms by understanding the General Ledger.

A course manual and/or exercise book is included with your registration fee. A Certificate will be issued upon course completion. PREREQUISITE: Completion of Bookkeeping Level 1.

Class Location:  Virtual OR FVCE Classroom, Suite 204-20621 Logan Ave, Langley

Choose Virtual OR FVCE Classroom:

Offering 1 & 1a  Sat, Oct 19 to Oct 26, 9:30-3:00pm

Offering 2 & 2a  Sat, Jan 18 to Jan 25, 9:30-3:00pm



About Instructor Robyn Maltais

Robyn has over 25 years of experience in the accounting and bookkeeping field. She has worked in a wide variety of industries such as transportation, construction, farm, agriculture, as well as trust accounting and public practice.

Computerized Accounting

Class Location: FVCE Computer Lab,
Suite 204-20621, Logan Ave Langley

sage

See Website for
School Closures

Sage 50 Desktop - Part 1 \$284.99 +GST

Instructor Amika Kehler 3 sessions - 15 hours

This is an introduction to the accounting program, Sage 50 (for desktop). Using a scenario that mimics a simple small business, students will learn the basics of the program, starting with entering vendor bills, creating invoicing, basic payroll preparation and remittance filing, sales tax filing, and through the cycle to a bank reconciliation. This course covers how to use the program as a tool for bookkeeping, so completion of a bookkeeping course or comprehensive experience with accounting terminology and concepts is a required prerequisite.

Offering 1: Sat, Oct 26 to Nov 16, 9:00-2:30pm

No Class: Nov 9

Sage 50 Desktop - Part 2 \$284.99 +GST

Instructor Amika Kehler 3 sessions - 15 hours

This class touches on some of the more advanced functions of the Sage 50 (desktop) program, such as setting up employees and modifying payroll functions, planning and reporting, managing inventory and price lists, handling foreign currency, transferring data from supporting programs, as well as problem solving, starting a new company file and converting data from another program, and preparing the year end data for external review. Students will practice using the program tools to follow the basic accounting cycle for a Canadian small business.

Offering 1: Sat, Nov 23 to Dec 7, 9:00-2:30pm

qb **intuit**
quickbooks

See Website for
School Closures

QuickBooks Online - Part 1 \$284.99 +GST

Instructor Amika Kehler 3 sessions - 15 hours

This is an introduction to the cloud-based accounting program, Quickbooks Online. Using a scenario that mimics a simple small business, students will learn to navigate the program, enter and pay vendor bills, and create invoices and receive payments. An introduction to bank feeds, reconciliations and sales taxes as well as report generation is also provided. Completion of a bookkeeping course or comprehensive experience with accounting terminology and concepts is a required prerequisite.

Offering 1: Fri, Oct 18 to Nov 1, 9:00-2:30pm

Offering 2: Sat, Jan 4 to Jan 18, 9:00-2:30pm

QuickBooks Online - Part 2 \$284.99 +GST

Instructor Amika Kehler 3 sessions - 15 hours

This class touches on a few of the more advanced functions of the cloud-based Quickbooks Online accounting program, including managing inventory and price lists, handling foreign currency and updating price lists, starting a new company file and converting data from another program, and preparing the year end data for external review. Students will learn to use the available program components as they apply to Canadian small businesses, and a demo of the (separate) payroll module will be provided.

Offering 1: Fri, Nov 8 to Nov 22, 9:00-2:30pm

Offering 2: Sat, Jan 25 to Feb 8, 9:00-2:30pm

Payroll Fundamentals

\$244.99 +GST Instructor Robyn Maltais 2 Sessions

During this practical, information-packed course you will learn step-by-step procedures for preparing and maintaining payroll records. You will learn to calculate payroll including taxable, pensionable and insurable amounts, CPP, EI and Income Tax and to prepare remittances. You will also learn to prepare T4s and T4 Summaries, Record of Employment (ROE) and WCB reports. The course also includes a detailed review of Employment Standards rules and application to payroll, and WorkSafe BC requirements.

Class Location: FVCE Classroom, Suite 204-20621 Logan Ave, Langley


Offering 1:

Sun, Oct 20 to Oct 27, 9:30-3:00pm

Offering 2

Sat, Dec 7 to Dec 14, 9:30-3:00pm

Income Tax NEW

Class Location:  Virtual OR FVCE Classroom, Suite 204-20621 Logan Ave, Langley OR Credo Christian High School 21846 52nd Ave, Langley

Just the Slips - Personal Income Tax Basics

\$149.99 +GST

Instructor Robyn Maltais 2/3 Sessions

Imagine never having to have your basic income return prepared again. Learn to prepare your own T1 Return. - Students will learn how to prepare their own personal income tax return from start to finish. Learn how to set up your own profile for yourself and family members using Studio Tax.

Understand the various T slips (T3, T4, T4A, T5, T4RIF, T4RSP, T2202A and T5013). Students will learn how to claim their Donations and gifts, medical expenses, Tuition and education amounts, Childcare Expenses and Employment Expenses, Interest on Student Loans. This is a perfect course for those that want to learn how to prepare their own Income Tax return.

Offering 1 & 1a  **Thurs, Oct 3 to Oct 17, 6:30-9:30pm**

Offering 2 & 2a  **Sat, Jan 4 to Jan 11, 9:30-3:00pm**

Beyond the Basics - Small Business and Rental Property

\$149.99 +GST

Instructor Robyn Maltais 3 Sessions

Are you Self Employed? Own a small business or rental property? Thinking of starting a small business?

Learn how to organize your income and receipts for filing on your T1 Income Tax return. Using Studio Tax software, learn how to organize your receipts and where and how to enter the amounts on the T2125 (Statement of Business or Professional Activities) Students will learn how to claim expenses for automobile use, how to calculate the amount to claim for your home office or use of your home for your business. How to complete the T776 (Rental Income). Understand how to claim your rental income and what expenses you can use. Must have basic tax experience for this course.

Offering 1 & 1a  **Thurs, Nov 7 to Nov 21, 6:30-9:30pm**

Offering 2 & 2a  **Wed, Jan 15 to Jan 29, 6:30-9:30pm**

Investing 101 \$39.99 +GST

Instructor Edwin Palsma, BBA, CFP 1 session

We need our money to work hard so we won't always have to. In this session, you will learn about investment strategies ranging from TFSA's to RRSP's/RRIF's to RESP's. From guaranteed investment strategies like laddered GIC's and annuities to higher returns mutual funds, ETF's, bonds, and stocks. Edwin will also teach you how to evaluate a stock or bond and find out if they are appropriate for your investment portfolio.

Please see our website for more detailed course descriptions.

Class Location:

Credo Christian High School, 21846 52 Ave, Langley

Offering 1:

Tues, Oct 29, 7:00-9:30pm

Offering 2:

Sat, Jan 4, 9:30-12:00pm

Family Estate Planning \$39.99 +GST

Instructor Edwin Palsma, BBA, CFP 1 session

Did you know that if you leave a disorderly estate, the taxman, lawyers, and courts could take a large percentage of your hard-earned wealth? Estate planning is not just about writing your will, it's about Powers of Attorney, Living Wills and creating peace of mind for you and your family.

This course will take you through the components of a good estate plan. Included will be some strategies to minimize taxes, maximize proceeds to heirs, reduce legal and probate fees, and foster an environment of friendly family communication regarding your estate.

Class Location:

Credo Christian High School, 21846 52 Ave, Langley

Offering 1:

Sat, Oct 5, 9:30-12:00pm

Offering 2:

Sat, Nov 23, 9:30-12:00pm



About Instructor Edwin Palsma

Edwin Palsma a father for three great kids and loves squash, soccer, hiking, disc golf, motorcycling, craft breweries, and talking philosophy. Edwin is a Certified Financial Planner with over 20 years of teaching experience. He specializes in Investment, Insurance, Tax, and Estate Planning and has taught thousands of people how to make smarter decisions with their money. He's the author of a book "Financial Fables - 29 Stories To Help You Make Smart Decisions About Money" which is available on Amazon or to purchase in his class. His office is in Fort Langley.

Networking for People Who Don't Enjoy It

\$40.00 +GST Instructor Sherrin Western | Session

What is networking and why do so many people fear it? Throw away everything you have read about what Networking is because in this high-energy workshop, you will discover some secrets on how to make your networking fun and meaningful. We will discuss what networking is and more importantly, what it isn't!

As a result of attending this dynamic workshop, you will:

- Discover the true meaning of networking
- Understand how to increase business with effective networking
- Embrace the host spirit
- Be introduced to the key steps of successful networking
- Understand the value of a 'friendly' self-introduction versus an 'elevator speech'
- Identify at least one new strategy to implement and improve your networking style
- Commit to follow up with your network

Class Location:  Virtual

Offering 1:

Mon, Oct 21, 6:00-9:00pm

Offering 2:

Mon, Jan 6, 6:00-9:00pm



About Instructor Sherrin Western

Sherrin is an expert in marketing, customer relationships and brand image and owns a graphic design and marketing agency – Shervin Communications, with her partner Kevin. They have been in business for 32 years. In their business they work with companies to help articulate and honour their unique "brand" image, which includes marketing consulting and visual representation through development of a corporate identity package and design of all supporting promotional materials, website and online marketing.

Building Services Worker Program

\$789.00 +GST

Class Location:

Crede Christian High School
21846 52 Ave, Langley

If you are seeking a unionized custodial position within a School District, City, Hospital or Health Care Facility in BC, you will likely require a BSW Certificate. Even if you are considering starting up your own contract custodial business, the information, skills, and training experience provided in the BSW Certificate course should be considered essential.

The course consists of a combination of classroom instruction and hands-on experience to train you in areas of cleaning, chemicals, equipment, floor and carpet care, public relations, safety, and business knowledge needed to calculate job requirements, and to complete successful quotes for cleaning jobs, if required. You will also complete the requirements for a WHMIS Certificate. Students must have a good command of the English language.

Evening Course

23 Evening Sessions | Instructor Scott Robertson

Classes: Mon-Thurs, 6:00-9:15pm

Offerings:

1f24 Sep 23 to Oct 31

2f24 Nov 4 to Dec 12

1ws25 Jan 13 to Feb 20

2ws25 Feb 24 to Apr 3

3ws25 Apr 7 to May 15

4ws25 May 19 to Jun 26

1s25 Jun 30 to Aug 7

1f25 Sep 29 to Nov 6

2f25 Nov 10 to Dec 18

Saturday Course

9 Full-day Sessions | Instructor Allan San Andres

Classes: Saturdays, 8:30-3:15pm

Offerings:

1f24 Oct 19 to Dec 21

1ws25 Feb 8 to Apr 12

2ws25 Apr 26 to Jun 28

1f25 Oct 18 to Dec 20

Intro to Adobe Pro NEW

Class Location:  Virtual

\$79.99 +GST each Instructor Lori Dowhaniuk 1 session - 6 Hours

Please see our website for more detailed course descriptions.

Attendees are required to have their own subscription for Adobe Acrobat Pro or Photoshop available from <https://www.adobe.com/ca/acrobat/pricing.html>

Introduction to Adobe Acrobat Pro - Online

Adobe Acrobat software enables you to create, edit, convert and manage PDF files. In this course you will learn how to creating, saving, and opening PDF documents, editing tools, create links and bookmarks and converting PDF files to a variety of formats.

Offering 1 

Wed, Nov 6, 6:30-9:30pm

Creating a Fillable Form with Adobe Acrobat Pro - Online


This course will take you through the step-by-step process of transforming a paper form into an electronic form that can be easily filled out and submitted electronically. Learn how to take an existing Word document to create a form, create form fields, such as text boxes, checkboxes, and drop-down menus and much more!

Offering 1 

Wed, Nov 13, 6:30-9:30pm

Introduction to Adobe Photoshop - Online

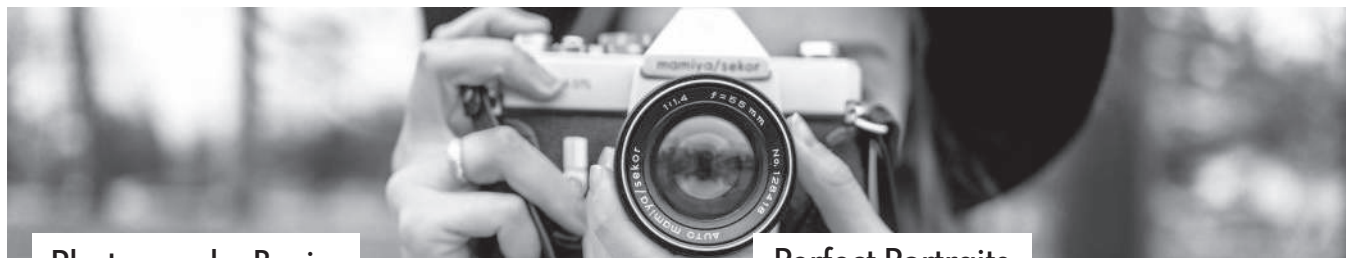
Bring out the best in your photos with fundamental photo-editing techniques. In this course you will learn how to use the Photoshop interface and tools to crop and trim edges, straighten a crooked horizon, add brightness and vibrancy, remove and replace the backgrounds, create a composite of two or more images and many more useful Photoshop skills.

Offering 1 

Wed, Nov 20, 6:30-9:30pm

Photography

Class Location: FVCE Classroom,
Suite 204-20621 Logan Ave, Langley
OR Credo Christian High School
21846 52nd Ave, Langley



Photography Basics

\$149.99 +GST Instructor Rob Dunne 5 sessions

Enjoy taking better photographs! This relaxed and enjoyable course will teach you the important basics of photography allowing you to take control of your camera and improve your images. The course has been designed for both film and digital camera users. You will learn about camera operations, exposure, composition, filters, lighting, and creative techniques. The course will also cover organizing and editing digital images.

Offering 1: Sun, Oct 20 to Nov 24, 6:30-8:30pm

Offering 2: Sun, Jan 5 to Feb 2, 6:30-8:30pm

Perfect Portraits

\$49.99 +GST Instructor Rob Dunne 1 session

During this hands-on workshop, portrait photographer Rob Dunne will teach you the essential basic techniques for really good portrait photography, both indoors in a home studio set up, and also outdoors. Lighting techniques, positioning, composition, backdrops and camera settings will be covered. Basic knowledge of 'manual' camera settings will be helpful, but not mandatory. Bring your camera.

Offering 1: Tues, Oct 1, 6:30-9:30pm

Offering 2: Tues, Nov 26, 6:30-9:30pm

Offering 3: Tues, Jan 21, 6:30-9:30pm

Floral Arrangement

Class Location:
Credo, 21846 52 Ave,
Langley

Please see our website for more detailed course descriptions

\$279.99 +GST each Instructor Angelica Arbic 7 sessions

Fundamentals 1.0

Offering 1:

Tues, Oct 15 to Nov 26, 7:00-9:00pm

Fundamentals 2.0

Offering 1:

Thurs, Oct 17 to Dec 5, 7:00-9:00pm

No Class: Oct 31

Join Angelica Arbic the Founder & Head Designer of Styled by Wild for a fun filled series of classes where you will receive hands-on guidance and step by step instructions from the creative herself.

You will come out of each class with an elegant design and an abundance of knowledge to share with your friends and family about flower meanings, design and proper care and handling.

You will be provided with everything you need to craft the design using the elements & principles of floral design.

A supply fee of \$55 per night is payable to the instructor. This extra fee is to pay for the fresh flowers, greenery and supplies that you will use at each class. This is in addition to the registration fee.

A certificate will be issued upon each course completion.

Thanksgiving Floral Arrangement

NEW

\$90.00 +GST 1 session

Our carefully crafted Thanksgiving arrangement is elegantly displayed within a captivating ceramic pumpkin container filled with a breathtaking selection of fresh, long-lasting flowers that will continue to brighten your home for weeks on end.

Our carefully curated assortment includes vibrant Chrysanthemums, cheerful Craspedia, elegant Statice, and a touch of dried grasses, all accompanied by other seasonal beauties

Offering 1:

Sat, Oct 5, 9:30-11:30am

Halloween Floral Arrangement

NEW

\$100.00 +GST 1 session

In the spooky spirit of Halloween you will be guided to create a Wild Arrangement in a Mexican Sugar Skull Vase featuring Hanging Amaranth, Dyed Roses, Snap Dragons and a personal favorite Ornamental Cabbages.

The design is finished off with cobwebs, spiders & flies to really bring a spooky vibe to the arrangement.

Offering 1:

Mon, Oct 28, 7:00-9:00pm

Christmas Floral Arrangement

NEW

\$80.00 +GST 1 session

Together we will create a Festive Wicker Wreath featuring everyone's favorite winter greenery, Cedar, White Pine & Douglas Fir. You will come out of this workshop with a wreath that can be hung on your door welcoming beautiful fragrance throughout the holidays season.

Offering 1:

Sat, Dec 14, 9:00-11:00am

Offering 2:

Sat, Dec 14, 12:00-2:00pm

Offering 3:

Sat, Dec 14, 3:00-5:00pm



About Instructor Angelica Arbic

Join Angelica Arbic the Founder and Head Designer of Styled by Wild for an introductory or intermediate Floral Design Course. Angelica received her Floral Design Certification from the University of Fraser Valley in 2020/2021. She brings a wealth of knowledge and charisma to the classes. Her mission is to "Uplift, Inspire & Create a Beautiful World!" by sharing her love for flowers, plants, business, events, hospitality and so much more!

Teresa Collins

Class Location: FVCE Classroom
Suite 204-20621, Logan Ave,
Langley

Please see our website for more detailed course descriptions.

Power of Intuition

\$49.00 +GST Teresa Collins 1 session

Unleash your superpower! Heightening your sense of intuition can be a valuable asset in decision-making, problem-solving and fostering creativity.

Learn practical techniques to enhance your intuitive abilities and trust your inner guidance so you can to read the room and pick up on unspoken emotions. It's a valuable skill for leaders, coaches, and anyone seeking to understand others on a deeper, more intuitive level.

Offering 1: Wed, Oct 2, 6:30-9:30pm

Offering 2: Wed, Jan 8, 6:30-9:30pm

Dream Boards

\$88.00 +GST Teresa Collins 1 session

NEW

Embark on a magical journey of self-discovery and manifestation with this enchanting class. Dive into the creative realm of dreamboarding and unlock the power to turn your deepest desires into tangible manifestations.

In this hands-on and transformative workshop, you'll explore the art of dreamboarding—a dynamic and visually stunning practice that combines collage, visualization and intention-setting to bring your dreams to life.

Offering 1: Mon, Oct 7, 6:30-9:30pm

Exploring Spirit Guides: Connecting with Divine Support

NEW

\$88.00 +GST Teresa Collins 1 session

Have you ever felt the presence of loving and supportive beings guiding you along your life's journey? In this course we'll delve into the mystical realm of spirit guides and learn how to cultivate a deeper connection with these wise and loving beings in our everyday lives.

This transformative journey as we open our hearts and minds to the loving presence of our spirit guides and discover the profound wisdom they have to offer.

Offering 1: Wed, Oct 9, 6:30-9:30pm

Energy Awareness

\$149.00 +GST Teresa Collins 3 sessions

Energy is one of our most precious commodities. In our dynamic world. Develop a deeper understanding of how your energy influences your experiences and relationships by learning practical techniques to foster positivity, balance and harmony.

For sensitive souls and empaths, it's easy to absorb unwanted energies from negative interactions and influences. This course equips you with the knowledge and tools to protect your energy, your space and keeping you grounded and peaceful in your day-to-day life.

Offering 1: Mon, Nov 4 to Nov 25, 6:30-9:30pm

No Class: Nov 11

Reiki Level 1

\$249.00 +GST Teresa Collins 3 sessions

Step into the transformative world of energy healing. This foundational course serves as your entry point into the ancient Japanese practice of Reiki, allowing you to tap into the universal life force energy and channel it for healing and balance.

Gain an understanding of the history and principles of Reiki and its origins. Discover the fundamental techniques and hand placements necessary to channel and direct healing energy to yourself.

Attendees can expect to leave this class with a solid foundation in Reiki, prepared to further their journey with subsequent levels of Reiki training.

Offering 1: Thurs, Oct 3 to Oct 17, 6:30-9:00pm

Reiki Level 2

\$444.00 +GST Teresa Collins 4 sessions

NEW

Dive deeper into the healing energies of Reiki and unlock new dimensions of wellness for yourself and others.

In this transformative course, you'll access greater healing power, heal others with confidence, harness the power of reiki symbols and enhance your health and well-being:

Receive Certification and Ongoing Support: Upon completion of the course, you'll receive a certification acknowledging your achievement. Plus, you'll gain access to ongoing support and resources to continue your Reiki journey with confidence.

Empower yourself to become a conduit for healing energy and experience the profound transformation that Reiki offers.

Offering 1: Thurs, Nov 7 to Nov 28, 6:30-9:00pm

Moving Past the Past: Embrace your Present

\$222.00 +GST Teresa Collins 3 sessions

Are you ready to release the grip of the past and step into the fullness of the present moment? In "Moving Past the Past," we'll embark on a transformative journey of healing and empowerment, incorporating mental, emotional, and energetic tools to help you live fully in the now. Release emotional baggage, cultivate present-moment awareness, heal your inner child, embrace self-compassion, harness energetic healing and create your present reality. It's time to reclaim your power and live in the here and now!

Offering 1f24: Mon, Wed, Mon, Dec 2 to Dec 9, 6:30-9:00pm



Class Location: FVCE Classroom
Suite 204-20621, Logan Ave,
Langley

Chakra Health: The Pathway to Inner Harmony

\$49.00 +GST Teresa Collins 1 session

Embark on a journey of self-discovery and holistic healing as we delve into the fascinating world of chakras in "Chakra Health: The Pathway to Inner Harmony." In this enlightening course, you'll gain a deep understanding of the seven main energy centers within the body and learn how they influence your physical, emotional, and spiritual well-being.

Offering 1: Mon, Jan 6, 6:30-9:00pm



Crystal Magick: Unleashing the Power Within

\$49.00 +GST Teresa Collins 1 session

Embark on an enchanting journey into the mystical realm of crystal magick with our transformative course, "Crystal Magick: Unleashing the Power Within." Discover the ancient wisdom and profound energies contained within these radiant gemstones as you learn to harness their potent magick for healing, manifestation, and spiritual growth.

Offering 1: Tues, Jan 7, 6:30-9:00pm



Manifesting Magic: Unleash the Power of Creation

\$49.00 +GST Teresa Collins 1 session

Are you ready to unlock the secrets of manifesting your deepest desires and creating a life filled with abundance, joy, and fulfillment? Join us as we embark on a journey of self-discovery and manifestation mastery.

Whether you're new to the world of manifestation or a seasoned manifesting magician, this course offers practical tools, profound insights and transformative practices to support you on your journey of conscious creation. Get ready to unleash your inner magic, and create a life beyond your wildest dreams!

Offering 1: Mon, Jan 13, 6:30-9:00pm



Intuitive Oracle Card Reading: Unlocking the Wisdom Within

\$111.00 +GST Teresa Collins 2 sessions

Step into the mystical world of oracle and tarot cards and unlock the profound wisdom that lies within our transformative course. Whether you're a novice seeker or a seasoned mystic, this experiential journey will empower you to harness the ancient art of card reading to gain insights, guidance, and clarity in your life's journey.

Whether you're drawn to the mystical allure of tarot or the intuitive wisdom of oracle cards, this course offers a comprehensive and experiential journey into the world of card reading.

Offering 1: Mon, Jan 20 to Jan 27, 6:30-9:00pm



Please see our website for more detailed course descriptions.



About Instructor Teresa Collins

As an expert in Energy and Education, Teresa Collins has taught hundreds of students around the globe for over a decade. Voted #1 Life Coach and Top Reiki Master in her area in 2023.

In addition to a highly successful practice, her titles include EMDR Therapist, Hypnotherapist, Reiki Master, Life Coach, published author, speaker and educator. Teresa brings with her a vast amount of experience and a fun and easy to understand teaching approach. Her classes are highly effective and enjoyable.

Languages

Please see our website for more detailed course descriptions and locations.

Basics of Sign Language \$164.99 +GST

Instructor Barb Solvey 6 sessions

This workshop will introduce you to some basic vocabulary for signing with a variety of people. Whether it is the non-verbal child you work with, your neighbour, your toddler or baby, or just because you have a general interest, these classes will fulfill your needs.

Offering 1: Wed, Oct 9 to Nov 13, 7:00-9:00pm

Spanish for Beginners \$189.99 +GST

Instructor Carlos Rabago 7 sessions

Prepare for travel with this course. Simple vocabulary and key phrases will be taught, supported by instruction in basic grammar. No prior knowledge of Spanish is necessary. All texts and materials are included in the course price.

Offering 1: Wed, Sep 25 to Nov 6, 7:00-9:00pm

Advanced Spanish \$189.99 +GST

Instructor Angelica Venegas 7 sessions

For those Students looking to go further with their Spanish we are now offering an advanced level, if you have finished the Intermediate level and would like to keep working on the "Spanish made Simple" textbook, join us to learn more about the travels of Sr. Adams.

Offering 1: Wed, Nov 13 to Jan 8, 7:00-9:00pm

No Class: Dec 25, Jan 1

Punjabi for Beginners \$189.99 +GST

Instructor Rajnish Dhawan 7 sessions

Punjabi for Beginners will give you skills for basic conversation needed for travel or communicating with co-workers, neighbours, and friends. You will learn basic grammar, vocabulary, greetings, numbers, and simple conversation needed for day-to-day life. Also learn the relevance of food, dance, and festivals in Punjabi culture as well as Punjabi history.

Offering 1: Wed, Sep 25 to Nov 6, 6:00-8:00pm

No Class: Feb 19

Intermediate Spanish \$189.99 +GST

Instructor Angelica Venegas 7 sessions

For people eager to take the next step in learning the language. Read a variety of stories taken from real life situations, with a cultural focus in peculiarities of Spanish speaking countries. Also learn basic grammar and broaden your vocabulary. All texts and materials are included in the course price.

Offering 1: Wed, Sep 25 to Nov 6, 7:00-9:00pm

French for Beginners \$189.99 +GST

Instructor Georges Boudjok 7 sessions

This course is for Students who have little or no previous knowledge of French. It is a course designed to give you basic language skills for use during travel, or to begin building a proficiency in French to increase your employment possibilities, and will also enable you to participate with your children as they practice French at home for school.

Offering 1: Tues, Oct 8 to Nov 19, 7:00-9:00pm



Overcoming School Worries with Julie



\$102.00 +GST each Instructor Elizabeth Bains 1 session

Class Location:
FVCE Classroom
Suite 204-20621
Logan Ave, Langley

Offering 1:
Mon, Oct 21, 6:30-9:30pm

Offering 2:
Sat, Jan 11, 9:30-12:30pm

Is your child experiencing anxiety that is affecting their daily life or refusing to go to school or everyday is a fight to get there? Perhaps your teen has graduated, finding a job or going to college has caused them to shut down! Going to bed at strange hours and sleeping all day. Could you use some everyday techniques to help your child cope with life's challenges?

Learn how to break things down and systematically help your child to recognize their anxiety and learn to be resilient. Teach your children how to learn how to change their way of thinking through problem solving, empower themselves, expand their emotional intelligence and end endless worry.

This course is designed as a program including three powerful counselling techniques to help your child overcome anxiety, including:

- What is Anxiety and what is happening to my child?
- Relaxation techniques to help your child take control of their anxiety
- Systematic Desensitization - What is it and how to use it.
- Cognitive Behavioral Technique - Learn proven techniques on how to answer your child's anxious worries.
- Learn the skills to listen to your child as well as empathic statements acknowledging their worry and come up with a solution together teaching your child how to problem solve and develop cognitive thinking skills for life.

Free Motion Stitching

See website for supply list.

Class Location: FVCE Classroom
Suite 204-20621 Logan Ave, Langley

Basic Free Motion Stitching

\$94.99 +GST Instructor Karen Kroeker 2 sessions

Treat yourself to learning something new about your sewing machine. Learn the basic skills of setting your machine up, navigating the technique of "drawing" with your needle, and simply learning how to use it as a "creative" tool. You will create whole pieces of fabric from scraps, and thread based projects that can be embellished upon as you become more proficient. Plus, it is lots of fun!

Offering 1: Sat & Sun, Nov 2 to Nov 3, 10:00-2:30pm

Enhanced Free Motion Stitching

\$94.99 +GST Instructor Karen Kroeker 2 sessions

This class is for students who have previously taken the "Basic" Free Motion Stitching course, or for those who are familiar with free motion stitching on a regular sewing machine. Discover new ways stretch yourself creatively and explore colours, textures, patterns and imagery using mix mediums. You will create the beginnings of truly personal and unique fabric art pieces.

Offering 1: Sat & Sun, Nov 16 to Nov 17, 10:00-2:30pm



About Instructor Karen Kroeker

Karen's motto is: I create fabric art with TLC - texture, layering and colour (and of course, love). As a life long learner, Karen works at her passion daily exploring a variety of techniques and media: free motion stitching, both 2D and 3D, rug hooking, contemporary hand embroidery, fabric collage art, machine needle punching. She creates functional items such as book covers, book marks, cards, bowls, brooches as well as fine art fabric collage pieces. There are never enough hours in the day for all the things to be learned and created.

Cookie Decorating

Instructor Liz Holloway | 1 session



Do you love cookies and want to learn the art of decorating them? Join me for a fun and creative class and learn how to beautiful cookies for gifts, for fun, or even to sell.

If you are overwhelmed, you don't know where to start, or you fear royal icing, this beginners course is for you!

You will learn how to make the sugar cookie dough and practice basic piping, filling and other techniques.

In addition, you will take home both my sugar cookie and icing recipes as well as a cookie scribe, special cookie cutter so you can practice your new skills at home. You can pre-order a Take Home DIY Kit to practice your new skills at home after class.

Bring an apron, your reading glasses, a sharp scissors, pen and paper, container (with lid) to take your decorated cookies home.

Recommended for ages 10+.

All Class Locations:

Credo Christian High School, 21846 52nd Ave
Langley / Kitchen



About Instructor Liz Holloway

I enjoy teaching people all I know about cookie decorating. I live in Surrey, British Columbia with my husband, Stuart, and our Whoodle

(Wheaten Terrier Poodle). I have over 20 years of crafting experience in the card making/scrapbooking industry, and then turned my crafty skills to the kitchen which started out as a couple of batches of cookies for the family, and then blossomed into a side business.

I started offering classes at my home last year, and had the pleasure of inspiring all my students. I recently started making my own custom cookie cutters as I love to design festively decorated treats for holidays and special occasions.

I am so excited to share with you, and I hope you will go home to make more.

Beginners' Cookie Decorating Class – Full Day

NEW

\$150.00 +GST

Offering 1: Sat, Sep 14, 10:00-3:00pm

Offering 2: Sat, Jan 4, 10:00-3:00pm

Beginners' Cookie Decorating Class – Half Day

NEW

\$100.00 +GST

Offering 1: Sat, Nov 30, 9:30-12:00pm

Offering 2: Sat, Nov 30, 1:00-3:30pm

Offering 3: Sat, Dec 14, 9:30-12:00pm

Offering 4: Sat, Dec 14, 1:00-3:30pm

Chinese Cooking

Chinese Delicacy with Chong Qing Style
(spicy or non-spicy)

NEW

Instructor Kay Wang | 1 session

All Class Locations:
Credo Christian High School,
21846 52nd Ave Langley / Kitchen



Dumplings

\$100.00 +GST

Make dumplings from scratch include making the wrapper, filling and dips. There will be six types of fillings and three types of dip recipes to choose from. Learn how to properly wrap the dumplings and cook them in two ways.

Offering 1: Tues, Oct 1, 6:30-9:30pm

Offering 2: Tues, Jan 7, 6:30-9:30pm

Sweet and Sour Ribs + Cool Noodle + Bok Choy with Soy Sauce + Oyster Sauce kai-Lan

\$100.00 +GST

These are famous traditional Chinese dishes from different regions that suits a wide variety of palates. Make all four dishes in the class together with a feast at the end!

Offering 1: Tues, Oct 8, 6:30-9:30pm

Offering 2: Tues, Jan 14, 6:30-9:30pm

Wontons, Soups, Chicken Wings:

\$100.00 +GST

In this class you'll learn to make fish soup using Kay Wang's own popular recipes. You'll also learn to make filling, dips, and the art of wrapping wontons including three types of fillings and three types of dips. To add to the fun, you'll also prepare quick oven bake healthy chicken wings with a Chinese twist!

Offering 1: Tues, Oct 15, 6:30-9:30pm

Offering 2: Tues, Jan 21, 6:30-9:30pm

Hot Pot + Glutinous Rice Sesame Balls

\$100.00 +GST

Explore a new world of food with a famous hotpot from Chong Qing. Learn about the basics of making a soup base and where to buy pre-made soup bases. Learn the types of ingredients that goes into hotpot, where to get them and how to prepare them. We will include over 20 different types of popular hotpot items to sample from. You can choose from a spicy or non-spicy option.

In addition, you'll make traditional glutinous rice sesame balls from scratch to enjoy as dessert.

Offering 1: Tue, Oct 22, 6:30-9:30pm

Offering 2: Thurs, Jan 30, 6:30-9:30pm



About Instructor Kay Wang

Kay is a passionate cook with roots from the culinary haven of Chongqing, China. Renowned for hot pot and diverse cuisine. From a young age, she discovered my love for cooking, spending countless hours experimenting with techniques and flavors. She had owned a restaurant in China where I mastered a variety of authentic, mouth-watering dishes. I've since learned to simplify the techniques and to teach others.

Bake Bread with Abigail

Each course 1 session Instructor: Abigail Shirley



About Instructor Abigail Shirley

After years of residing on the West Coast of Canada, our beloved instructor, Babette, has moved on to a new adventure! Our NEW instructor, Abigail comes personally recommended by Babette, and we look forward to her continuing to help our students achieve their sourdough goals!

Abigail Shirley resides in Murrayville and has always been local to Langley, British Columbia since 1999. She has a diploma in Marketing Management from BCIT and has had a career in many fields including Finance, Sales, and Marketing.

Abigail has always found joy in the kitchen. Whether she is recipe testing or spending time with family, it was always her happy place. During a pause in her professional life to focus on her health, she began looking at creative outlets and found the art of sourdough bread. Though it seemed daunting at the beginning, she began her research and has now successfully taught hundreds of individuals throughout Canada. She focused on a simpler approach to sourdough, making this art more accessible and attainable to anyone wanting to begin their own journey!

All Class Locations: Credo Christian High School
21846 52nd Ave Langley / Kitchen

See website for full descriptions.

Bring an apron and a two bread bag/containers to take home your freshly baked bread and extra dough. For sour dough breads, also bring a jar (with lid) for starter you are taking home.

Sour Dough Bread

\$150.00 +GST

Sourdough for beginners! An in-depth look at the theoretical and practical elements of sourdough baking. Learn about the different types of starters and how they differ from commercial or fresh yeast. Learn how to mix, shape and bake your very own sourdough loaf and go home with a bit of sourdough starter so that you can continue on your sourdough journey!

Offering 1:

Sat, Oct 5, 10:00-3:00pm

Offering 2:

Sat, Nov 23, 10:00-3:00pm

Gluten Free Sour Dough Bread

\$150.00 +GST

Looking to step up your gluten free bread game? Come and learn all about gluten free sourdough starters, the different gluten free flours, possible additions and inclusions as well as different approaches to gluten free baking and fermentation.

Note: The bread is gluten free but the kitchen is not a gluten-free facility.

Offering 1:

Sat, Dec 7, 10:00-3:00pm

Gluten Free Artisan Bread

\$150 +GST

Looking to step up your gluten free bread game? Come and learn all about gluten free sourdough starters, the different gluten free flours, possible additions and inclusions as well as different approaches to gluten free baking and fermentation.

Note: The bread is gluten free but the kitchen is not a gluten-free facility.

Offering 1:

Sat, Jan 18, 10:00-3:00pm

Italian Cooking

All Class Locations: Credo Christian High School, 21846 52nd Ave Langley / Kitchen

Please see our website for more detailed course descriptions.

This class is hands on, bring an apron and a container for leftovers.



Gnocchi Party

\$100.00 +GST Instructor Marzia Bellotti

In this class we will make Potato Gnocchi and Squash Gnocchi. We will serve them with 2 different sauce: Meat sauce and Butter and sage sauce. Bring a container and an apron.

Offering 1: Sat, Oct 19, 10:00-1:00pm

Italian Meal on a Budget:

\$100.00 +GST Instructor Marzia Bellotti

In this class we will learn how to make 5 easy Italian dishes that are easy to make, delicious, healthy and economical including: Pasta with Lentils, Spaghetti and Meatballs, Chicken Parmigiana, and Sicilian Spaghetti with tuna, spinach and breadcrumbs.

Offering 1: Sat, Nov 2, 10:00-1:00pm

Meat Lasagna

\$100.00 +GST Instructor Marzia Bellotti

In this class we will learn how to make an authentic Italian Meat lasagna.

We will start from fresh pasta, rolling out lasagna sheets. We will also make the best Meat sauce you ever had and béchamel sauce.

Offering 1: Sat, Jan 25, 10:00-1:00pm

Italian Pizza

\$100.00 +GST Instructor Marzia Bellotti

In this class we will learn how to make authentic Italian Pizza using a simple home oven

Offering 1: Sat, Feb 8, 10:00-1:00pm



About Instructor Marzia Bellotti

Mamma Marzia, founder of Bella Cibo, born in Naples and grew up in the Valtellina in northern Italy, moved to Vancouver in 2003 to follow the big love of her life: Italian Cooking. Seven years later Mamma Marzia now hosts classes from her kitchen and is able to inspire hundreds of people with the passion and love for Authentic Italian cooking. She treats her students like her family and shares tidbits from her Italian cultural traditions.

Make Cheese with Paula

Please see our website for more detailed course descriptions.

All Class Locations: Credo Christian High School, 21846 52nd Ave, Langley / Kitchen



Mozzarella and Bocconcini

\$100.00 +GST Instructor Paula Nelson-Maddison

Learn how to make your own home made cheese! Learn how to make your own hand stretched mozzarella cheese turning it into an appetizer worthy of the cover of Bon Appetit Magazine! This is a demonstration style: Taste, Touch, feel class that will demystify the process of making your own cheese. You will learn how to make your own mozzarella as well as learn some creative and unique serving ideas. Instructions and ingredients to make over 4 lbs of mozzarella at home are included.

Offering 1: Sat, Sep 21, 10:00-12:00pm

Offering 2: Sat, Oct 26, 10:00-12:00pm

Offering 3: Sat, Nov 16, 10:00-12:00pm

Offering 4: Sat, Jan 11, 10:00-12:00pm

Farmers Cheddar

\$100.00 +GST Instructor Paula Nelson-Maddison

Come and spend a few hours with Paula and learn how to handcraft your own Cheddar. In this demonstration style class you will learn the history, science and process of making your own cheeses using readily available ingredients.

Paula's class is comprehensive, delicious and fun.

Offering 1: Sat, Oct 26, 1:00-3:00pm

Poutine - Curds in 2 hours

\$100.00 +GST Instructor Paula Nelson-Maddison

Come learn how to make your own Poutine! This is a demonstration style, taste, touch and feel class with instructions and ingredients to make your own at home included. Paula will demystify the process and share with you unique and delicious ways to serve and enjoy the cheeses made in class.

This is a see/touch/taste demonstration-style class. Class is limited to 14 students. All equipment provided. Students receive notes and supplies to make more at home.

Offering 1: Sat, Jan 11, 1:00-3:00pm

Havarti

\$100.00 +GST Instructor Paula Nelson-Maddison

Discover the magic of making your own Havarti cheese with no additives or artificial ingredients! Cheesemaking combines art and science, using regular pasteurized store-bought milk, and simple tools and ingredients.

This class uses vegetarian rennet. Dairy is used, and meat may be present for tasting and recipes.

This is a see/touch/taste demonstration-style class.

Offering 1: Sat, Sep 21, 1:00-3:00pm

Brie

\$100.00 +GST Instructor Paula Nelson-Maddison

Learn how to make your own Brie! This is a demonstration style, taste, touch and feel class where Paula will take students through the process of ripening Traditional Brie. Advanced cheese making techniques are discussed and cultures and ingredients to make your own at home are included.

Offering 1: Sat, Nov 16, 1:00-3:00pm



About Instructor Paula Nelson-Maddison

Learn more about Paula at
MakeCheeseWithPaula.ca

Living on Gabriola Island for over 20 years and trying to be as sustainable as possible, Paula Maddison has spent the past 8 years hand crafting her own delicious cheeses. Using products readily available and demystifying the idea that cheese making is difficult, Paula's classes are comprehensive, delicious and a lot of fun.

Scrapbooking

Class Location: FVCE Classroom Suite
204-20621, Logan Ave, Langley

Register for all 3 classes and get 10% off.

\$40.00 +GST per session | Instructor Pat Chadwick | 1 session

See our website for more detailed course descriptions.

Memories & More Scrapbooking

Get your craftiness on in this introductory workshop. Try techniques to create lovely layouts of your most beloved memories. Using gorgeous papers, embellishments and colour, you will make 3 layouts that will bring your photos to life. You will also receive a handy reference with tips and tricks that are specific to Scrapbooking.

Offering 1:

Wed, Nov 20, 6:00-9:00pm

Advanced Scrapbooking

In the second installment of scrapbooking, we will focus on journalling, tricks on how to include many photos on a layout, as well as working with just one photo on a layout. We will use layering, dies and embellishments to make your scrapbook pages look amazing. Also receive a handy reference with tips and tricks that are specific to Scrapbooking.

Offering 1:

Thurs, Dec 5, 6:00-9:00pm

Scrap Your Christmas Photos

Now that you know the basics of scrapbooking, it's time to scrap your Christmas photos. We will focus on creating 3 scrapbook pages that highlight your holiday activities. You will also receive a handy reference with tips and tricks that are specific to Scrapbooking.

Offering 1:

Sat, Jan 25, 10:00-12:00pm

Cardmaking

\$40.00 +GST per session | Instructor Pat Chadwick | 1 session

See our website for more detailed course descriptions.

Class Location: FVCE Classroom Suite
204-20621, Logan Ave, Langley

Register for all 3 classes and get 10% off.

Introduction to Card Making

From basic stamping, embellishing and using lovely papers, you'll learn the techniques and make three of your own cards.

Offering 1:

Sat, Oct 5, 9:00-12:00pm

Techniques+ Card Making

Continuing on your creative journey to Card Making, this second workshop will introduce you to other techniques that will make your cards even more lovely.

Offering 1:

Wed, Nov 6, 6:00-9:00pm

Advanced Techniques for Card Making

This third workshop will be jam packed with techniques to take your card making to the next level. You will learn how to use foiling, distressing, embossing powders, and more!

Offering 1:

Wed, Nov 13, 6:00-9:00pm

Christmas Card Making

Take the skills you learned in the previous 3 workshops and apply them to making Christmas cards for your friends and family.

Offering 1:

Wed, Nov 27, 6:00-9:00pm

Discover Mixed Media

We will have fun creating a canvas using some mixed media techniques. No experience necessary. We will learn a little about pastes, rub-ons, layering papers and using ephemera to create our own little masterpiece!

Offering 1:

Tues, Dec 3, 6:00-9:00pm

Technique Class - Watercolour Card Making

Let's have some fun with watercolours. In this class we will learn to embrace the fun that is water colouring. No experience necessary, these easy techniques will make you feel like an artist!

Offering 1:

Sat, Jan 18, 1:00-3:00pm

One Pattern/ 3 Cards

Create your own stash of greeting cards that you can grab when the need. Pat will show you how to create these three different themed cards just by changing the paper and sentiment and using the same style.

Offering 1:

Tues, Jan 14, 6:00-9:00pm

Technique Class - Stenciling

Another opportunity to delve further into the various stenciling and how it can be used in card making and even scrapbooking.

Offering 1:

Sat, Jan 18, 10:00-12:00pm

Pruning & Gardening

All Class Location: Credo Christian High School
21846 52nd Ave, Langley

Pruning the Right Way – Trees & Shrubs

\$59.99 +GST Instructor Amanda Jarrett 1 session

Take the guesswork out of pruning by discovering what to do and what not to do and why. Become educated in pruning cuts, plant anatomy and how plants heal themselves to promote plant health. Learn about selecting the right tools for the job and how to use them. A morning classroom session is followed by a practicum in the afternoon at TBA. Bring your pruning gear and your lunch for an informative and fun day, where you will see and learn, first hand, the practical techniques for pruning.

Please bring a lunch and dress for the weather. Your own transportation is required for the field trip.

Offering 1: Sat, Oct 19, 9:30-3:30pm

Preparing for Fall

\$59.99 +GST Instructor Amanda Jarrett 1 session

There's lots to do in the garden to prepare it for winter and the coming year. Learn what you need to do to reduce your maintenance. Topics include planting bulbs, what to cut back and how, lawn care, planting, dahlias and so much more. Bring lunch.

Offering 1: Sat, Oct 5, 9:30-3:30pm

Lawn Care

\$29.99 +GST Instructor Amanda Jarrett 1 session

Incorrect maintenance is the most common reason for grub devoured lawns. Learn what to do, how to do it and when with organic, common sense methods..

Offering 1: Sat, Sep 21, 9:30-12:30pm



About Instructor Amanda Jarrett

Amanda is a professional horticulturist and educator for over 20 years. She is a certified Red Seal Landscape Horticulturist and a Certified Organic Land Care Professional with diplomas and certifications from St. Clair College, Gaia College, University of Guelph and University of Florida. Amanda is a retired instructor and course developer of horticultural courses at numerous colleges. She is also an avid gardener, freelance writer, lecturer, horticulture photographer and author of the successful book, Ornamental Tropical Shrubs published by Pineapple Press.



All Class Locations:
Credo Christian High School
21846 52 Ave, Langley

Guitar

Instructor Keith Allingham 8 sessions

Guitar for Beginners 144.99 +GST

In this course you'll get right in and learn the basics: how to hold the guitar, how to strum it, fingering for chords and of course tuning. As a bonus, you'll receive an easy-to-use songbook with 50 songs that you'll be able to play by the end of the course. This is fun, low-pressure music education for folks looking for a new creative endeavour.

Offering 1: Tues, Oct 15 to Dec 3, 6:30-8:00pm

Guitar Level 2 144.99 +GST

This is where we expand your song-playing repertoire and build on the core fundamentals. We'll graduate from the basics into new chords, bar chords and even finger-picking patterns. This course is where sing-along legends are born. Get ready to be the hit of every party and campfire. You'll receive a songbook with 100 songs as part of registration and learn to play them all.

Offering 1: Tues, Oct 15 to Dec 3, 8:00-9:30

Home & Family Organization

Class Location:
Credo Christian High School 21846
52nd Ave, Langley

Offering 1: Sat, Oct 5, 9:30-12:00pm
Offering 2: Sat, Dec 7, 9:30-12:00pm



Taught By
Instructor
Diana Cruchley
See bio on website

“It’s Time to Get My Documents Together!” The Absolutely Indispensable Binder

\$44.99 +GST Instructor Diana Cruchley 1 session

- Your house is on fire? Grab your Indispensable Binder.
- You are temporarily incapacitated? Your Indispensable Binder allows others to keep things going.
- Your executor would need your Indispensable Binder.

Create this handy reference to quickly find your will, power of attorney, property titles or mortgage, medications, bank accounts, computer information, and contact information for your friends. In addition there is room for investments, passport and Nexus, insurance, computer information and much, much more. Leave the workshop inspired to “get it all together” at last, with handy tips to make it easier.

Diana Cruchley has created a 58 page binder complete with 9 dividers, all in plastic sleeves ready to fill with your documents.

Binders will be available for purchase at your class for \$35

Learning Skills

All Class Locations:
Credo Christian High School
21846 52 Ave, Langley

Triple Your Reading Speed

\$44.99 +GST Instructor Terry Small 1 session

Do you have enough time to read? Are you tired of feeling info-whelmed? Too many emails? Have you ever finished a page and asked yourself, “What did I just read?” Chances are, you are reading far below your brain’s capabilities. Whether you are a Student, business person, or a recreational reader, you can quickly, easily, and dramatically improve speed and comprehension!

Offering 1: Sat, Nov 30, 9:30am-12:30pm

How to Get Better Grades in School

\$49.00 +GST / family Instructor Terry Small 1 session

You can make this your child’s best year ever in school! Smart Students have secrets. Terry Small’s Student success system shows your kids how to take charge of their time and succeed! Parents and Students attend this seminar together to learn proven strategies and study secrets that have helped 220,000 Students to excel. Guaranteed: better grades, self-confidence, more free time, and fun learning!

Offering 1: Tues, Nov 5, 7:00-8:30pm

Retirement Thinking Workshop \$124.99 +GST Instructor Doug Berg 5 sessions

Class Location: Credo,
21846 52 Ave, Langley

Offering 1:
Tues, Oct 29 to Nov 26,
7:00-8:00pm

Thinking of retirement perhaps in the next five years? Or perhaps you’re recently retired and floundering? Not sure what to anticipate in retirement?

This course will assist the participant in preparing for the psychological changes that will occur in the transition to retirement. Retirement planning is more than money calculation. It also includes intentional thinking about direction. Your well-being in retirement will depend on a lot of things: your health, relationships, unique identity, as well as purpose and meaning in life. Each session includes thought-provoking exercises that you can process individually or with your partner. As you work your way through these tools, you’ll create a personal plan for a retirement that you are excited about.

Improve Your Memory

Improve Your Memory by 700% (Yes, Really!)

\$49.99 +GST Instructor Graham Best | 1 session

"There is no such thing as a bad memory, only a lazy or untrained one." This amazing, nationally-acclaimed course will teach you how easily your memory can be expanded. You'll recall names and faces, remember where you parked your car, your passwords, and even what your friends take in their coffee. Includes a complete set of handouts and every Student will receive a copy of Graham Best's e-book, *'How To Remember What's His Name.'*

Class Location: Credo Christian High School, 21846 52nd, Ave Langley

Offering 1: Sat, Oct 19, 9:00-12:00pm

Offering 2: Sat, Nov 23, 9:00-12:00pm

Bible Memory Seminar

\$69.99 +GST Instructor Graham Best | 4 sessions

Learn to train your brain to remember extended passages from the Gospels word-perfectly. You will be amazed at how easy this is! These strategies are tried and true, and leave people wondering why they weren't taught them years ago.

Class Location:  Virtual

Offering 1: Thurs, Oct 3 to Oct 24, 6:00-7:30pm

Offering 2: Thurs, Jan 9 to Jan 30, 6:00-7:30pm

Retaining The Power of Memory for Seniors

\$49.99 +GST Instructor Graham Best | 1 session

You've heard it said "you can't teach an old dog new tricks." This is not true. Anyone can have a sharp mind, and learn anything at almost any age. You will learn to be attentive to the daily things of life, and be sharper than you've ever been. Register early for this popular class!

Class Location: Credo Christian High School
21846 52nd Ave, Langley

Offering 1: Sat, Oct 5, 9:00-12:00pm

Offering 2: Sat, Nov 2, 9:00-12:00pm



An Evening of Astronomy \$24.99 +GST Instructor Tim Stephenson | 1 session

Class Location:
Credo Christian High School
21846 52nd Ave, Langley

Offering 1:
Tues, Sep 24, 7:00-9:00pm

Offering 2:
Tues, Oct 22, 7:00-9:00pm

Offering 3:
Tues, Dec 3, 7:00-9:00pm

****Purchase 1 Adult seat & bring a school age student (grade 12 or younger) for FREE!**

An Evening of Astronomy removes the mystery of space as we will explore the solar system, discover the far reaches of the galaxy and bring the universe into focus. With images of some of the greatest wonders of the night sky, you will begin to see why the cosmos has captured the imaginations of people for millennia.

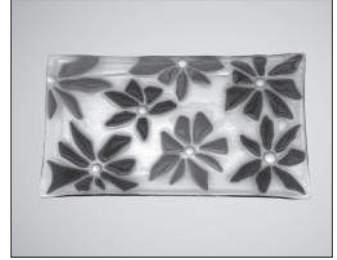
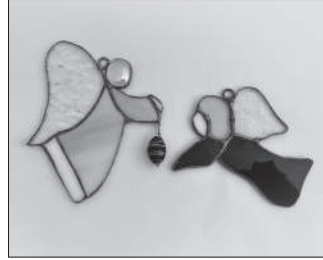
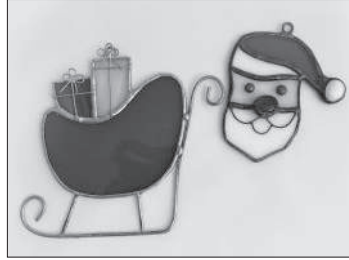
Tim Stephenson, an award-winning astronomy teacher from British Columbia, will make the universe accessible. A visually stunning presentation detailing discoveries of planets and moons nearby, explaining the dynamic nature of the galaxies and helping to understand the question "How do we know that?"

What is the nature of the universe? How did it come to be? What is our place within the extraordinary vastness of time and space? Whether you are an avid science enthusiast or a total novice, you will expand your knowledge beyond the light horizon.

Stained Glass

All Class Locations: Credo Christian High School
21846 52nd Ave Langley.

See our website for more detailed course descriptions.



Offering 1:
Sat, Oct 26, 9:00-4:00pm

Offering 2:
Sat, Nov 23, 9:00-4:00pm

Offering 3:
Sat, Jan 18, 9:00-4:00pm

Stained Glass in a Day - for Beginners

\$102.99 +GST Instructor Debbie Hungle 1 session

Spend the day creating some fun stained glass pieces. We will have a collection to choose from, including small easier ones for beginners or more complicated ones for experienced participants to try their hand at. We will walk you through all the basic instructions for stained glass, as well as work with those doing some more challenging options like wire work, glass overlays and 3D pieces. These are just some of the possibilities for this fun workshop. Bring your own tools to class, or rent (\$10) or purchase tools from Instructors.

Offering 1:
Sat, Oct 19, 9:00-12:00pm

Offering 2:
Sat, Nov 16, 9:00-12:00pm

Offering 3:
Sat, Nov 16, 1:00-4:00pm

Offering 4:
Sat, Jan 11, 1:00-4:00pm

Fused Glass

\$56.99 +GST Instructor Debbie Hungle 1 session

Join us for a 3 hour workshop creating a couple small fused glass projects using colourful pieces of glass. They will get fired in a kiln and be ready for pickup 1 week later at the same location. If you are unable to come at that time, they can be picked up at the Fraser Valley Continuing Ed office anytime. Your pieces will have your name and date engraved on the back. It's unique, fun and an easy way to try working with glass.

Offering 1:
Sat, Oct 19, 1:00-3:30pm

Offering 2:
Sat, Jan 11, 9:30-12:00pm

Glass Platter

\$79.99 +GST Instructor Debbie Hungle 1 session

This fused glass serving plate has beautiful results whether it is a simple abstract or a complicated design suiting everyone's interest and experience. The size is 6 x 11" and is mostly flat with the edges slightly raised. It makes a useful and lovely serving plate. It will be available for pickup at the same class location 2 weeks later or after that at the Fraser Valley Continuing Education office.

Offering 1:
Sat, Dec 7, 9:00-12:00pm

Offering 2:
Sat, Dec 7, 1:00-4:00pm

Mosaic Glass Trayer

\$74.99 +GST Instructor Debbie Hungle 1 session

Create a glass mosaic design on a bamboo tray. This small tray (5"×7") is just right as a 'tea and cookie tray' or perhaps a place to drop your keys. It's a good starter project and can be accomplished in 3 hours. Grout and instructions will be given at the class so you can finish it off at home once it is thoroughly dry, in about a week. There will be lots of samples and patterns available.

NEW

Art Classes

All Class Locations:
Credo Christian High School
21846 52nd Ave, Langley

Acrylic Essentials

\$189.99 +GST Instructor Tony O'Regan 6 sessions

Participants will learn the essentials of composing and painting a variety of subjects in acrylic, such as floral, landscape, forest and coast. Basic principles of color-mixing and selection are dealt with. The important technical aspects of painting will be covered while we work through a variety of spectacular subjects. Suitable for all skill levels from beginner through intermediate.

Offering 1: Wed, Oct 9 to Nov 13, 6:30-8:30pm

Offering 2: Wed, Dec 4 to Jan 22, 6:30-8:30pm

No Class: Dec 25, Jan 1

Beginners Watercolour Painting

\$159.99 +GST Instructor Bryce Willushaw 5 sessions

Designed specifically for beginners, discover the enchanting world of watercolour painting with our Level 1 class. This course introduces you to the basics and fundamentals of watercolour techniques, color theory, and brush handling. Bring your enthusiasm and creativity, no prior painting experience required. Supplies not included.

Offering 1: Wed, Oct 2 to Oct 30, 7:00-9:00pm

Offering 2: Sat, Oct 5 to Nov 16, 10:00-12:00pm

No Class: Oct 12 & Nov 9

Intermediate Watercolour Painting

\$159.99 +GST Instructor Bryce Willushaw 5 sessions

Elevate your current watercolour skills with our Level Two class. This course delves into more advanced painting techniques, and in-depth colour mixing. It also introduces more complex subjects.

Offering 1: Wed, Nov 6 to Dec 4, 7:00-9:00pm

Offering 2: Sat, Nov 23 to Jan 4, 10:00-12:00pm

Advanced Watercolour Painting

\$159.99 +GST Instructor Bryce Willushaw 5 sessions

Take your watercolour painting to a higher level with our Level Three class. This advanced course is designed for experienced watercolourists ready to master their craft, explore new possibilities and develop a personal style. Get ready to explore more advanced painting techniques and more complex compositions. Supplies not included.

Offering 1: Wed, Jan 8 to Feb 5, 7:00-9:00pm

Offering 2: Sat, Jan 11 to Feb 8, 10:00-12:00pm

NEW

Drawing Essentials

\$249.99 +GST Instructor Tony O'Regan 8 sessions

Have you ever wanted to learn to draw? Here is your chance to gain that skill, so useful for its own sake, but also as a necessary foundation for painting or design. We will start at the beginning with essential exercises in line and form. We will go through the ten basics, such as gesture, line, texture, mass, space, silhouette, figure-ground, tonality, light/shading, and perspective. As well as the Basics, we will aim to produce some skilled and finished drawings.

Offering 1: Mon, Oct 21 to Dec 16, 6:30-8:30pm

No Class: Nov 11



About Instructor Bryce Willushaw

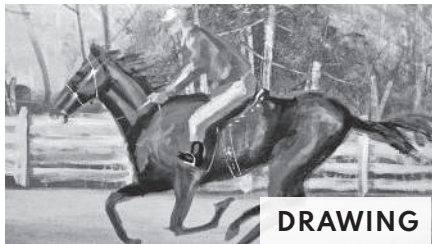
With diplomas in Fine Art, Interactive Digital Design and Animation Art and Design, Bryce has worked as a storyboard artist, illustrator, animator, graphic artist, web designer, portrait artist, product designer and media marketing consultant.

While pursuing his interests in fine arts, Bryce has continued to run his own business, Island Pine Marketing and Design. He began instructing art in 2020 working privately with autistic youth and since 2021 has been instructing for the Semiahmoo Arts Society teaching classes, including Photoshop, drawing, painting, portrait drawing and watercolour painting.

Tony's Art School

Class Location:
Credo, 21846 52 Ave,
Langley

With Instructor Tony O'Regan



DRAWING

Let's Draw Horses

\$64.99 +GST

Using Tony's collection of plaster models and manikins, we will work through the basic proportions and anatomic constructions necessary to draw horses. (Graphite sticks or charcoal)

Offering 1: Sat, Sep 21, 9:30-1:00pm



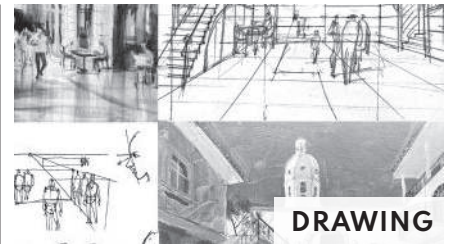
DRAWING

Let's Draw People

\$64.99 +GST

Learn to draw the 4 feature groups and place them on a typical human head-form. We will also learn to use gesture and proportion to construct a figure. Great for beginning to approach the portrait. (Graphite sticks or charcoal)

Offering 1: Sat, Nov 2, 9:30-1:00pm



DRAWING

Let's Draw Landscapes

\$64.99 +GST

We will study the basic one and two point perspective techniques that are essential for drawing street scenes in pencil, including scale figures.

Offering 1: Sat, Nov 30, 9:30-1:00pm



DRAWING

Let's Paint Floral In Watercolour

\$64.99 +GST

Learn to analyze, compose and paint a floral still-life.

Offering 1: Sat, Jan 4, 9:30-1:00pm



ACRYLIC

Let's Paint a Forest

\$64.99 +GST

We will learn some simple, yet effective techniques for painting trees, such as an aspen or birch grove, in a forest landscape. (Acrylic).

Offering 1: Sat, Jan 25, 9:30-1:00pm



About Instructor Tony O'Regan

Tony O'Regan was born in Cork, Ireland in a house called Santa Lucia, built by his uncle, Mark, a singer in the big band era. He grew up Canada and in Florida, and was educated in Art and Architecture. He painted many paintings and designed many buildings. Tony painted in Paris and the West Coast of Ireland. Tony taught Art and Design in major universities for over 20 years, including Emily Carr Univ. and UBC. He uses his skills in architecture, perspective, and landscape design to compose his images of what things are and what they might be.

Top Ten Tips for Painters (Free Demo)! \$0.00

FREE!

⚠️ Must register ONLINE!

See if acrylic is for you, with this 1.5-hour long FREE intro to acrylic demo. Here, you'll learn 10 top tips such as ➔

- Painting with Erasers
- The "XTC's" of Figures
- Draw "Infinity" Boats
- Two-Handed Drawing
- Lineweights for Impact
- Watercolour & Rubber Resist
- Watercolour - Gum Arabic
- Studio "Put & Take" Cups
- Figures in Perspective
- Davinci's Great Advice

🖥️ Virtual Offering 1: Wed, Oct 2, 6:30-8:00pm

Don't Throw it Away - Sell it Online!

\$59.99 +GST Instructor Kevin Boyd | 1 session

Get rid of your "stuff" and get paid! There are several phone apps and platforms that provide an excellent way for you to generate revenue by selling your unwanted used items or by creating a new e-commerce business. This class presents the most popular yet easy to use apps for each of the top categories including Furniture, Electronics, Clothing, Books, Art, and more. Learn which used items sell best and what can't be sold. Includes photography tips, pros and cons, dos and don'ts, tips and strategies, costs and how you get paid. So, determine which apps are the best match for the items you want to sell. Lecture

Class Location:  Virtual

Offering 1:

Thurs, Nov 7, 6:00-9:00pm

Create a Website for Fun, Profit, & Business!

\$69.99 +GST Instructor Kevin Boyd | 1 session

Discover the best copy/paste, drag and drop website builders that will meet your needs and create an appealing, modern, dynamic, small business website. Included is a complete comparison review of the top Website and E-commerce Store builders. Determine the best planning and layout for your site's specific requirements, with an attention-grabbing Initial Focal Point. Learn Search Engine Optimization (SEO), Social Media Marketing, and the Tips and Traps, Dos and Don'ts of website design. Discover the #1 Secret to a successful website and the #1 Mistake that will ruin a business website! Taught by a multi award-winning instructor and published author from Seattle. Lecture.

Class Location:  Virtual

Offering 1: Tues, Oct 29, 6:00-9:00pm



About Instructor Kevin Boyd

Kevin Boyd, M.B.A., M.S., is a former Bell Labs engineer and Vice President of a market leading cardiology software company. He is now a multi-award-winning instructor, published eBay author (Penguin) and the technical editor for The Complete Idiot's Guide to eBay. He is the published author of five books, has appeared on TV, various radio shows, and was interviewed by Bloomberg News and the Seattle Times for his insights into online entrepreneurship. Kevin teaches at over 40 colleges in the U.S. and Canada providing small business owners and new online sellers with the skills necessary for online entrepreneurial success.

Foodsafe Classes

\$90.00 +GST Instructor Dean Scovill, R.E.H.O. | 1 Day Course

This is a government-certified course that is designed for those who are employed or seeking employment as restaurant staff, caterers, vendors, or anyone handling food. The FoodSafe program covers procedures for preventing food borne illnesses. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a FoodSafe Certificate recognized by the BC Hotel and Restaurant Association.

Handbook included. Course tuition includes a \$24 fee for a workbook and Health Department Certificate Processing charges.

Saturdays, 8:30-4:30pm

Offering 1: Sep 21 | **Offering 2:** Oct 19 | **Offering 3:** Nov 16 | **Offering 4:** Jan 4

All Class Locations:
Credo Christian High School
21846 52nd Ave, Langley



Social Media

Choose Virtual OR FVCE Classroom:


Please see our website for more details about course locations.


Class Locations: Virtual  or 204-20621 Logan Ave, Langley


Creating Your W5 Story

\$14.99 +GST Instructor Jeanette Martin

This short but powerful session will prepare you for posting on various social media platforms. Your W5 Story is YOUR WHO, WHAT, WHEN, WHERE, and WHY you're in business!

Offering 1 & 1a 
Sat, Oct 19, 8:00-8:45am

Offering 3 & 3a 
Sat, Jan 11, 8:00-8:45am

Offering 2 & 2a 
Sat, Nov 23, 8:00-8:45am


Facebook


\$99.99 +GST Instructor Jeanette Martin




The Relationship Building Platform!

Build Your Personal Profile to create your Company Profile. Learn about the rule of "Like, Know & Trust" on Facebook. Finding people and businesses to connect to build your business. Understand the analytics to Convert followers into Customers; and know the power of Facebook Groups!

Offering 1 & 1a 
Sat, Oct 19, 9:00-12:00pm

Offering 3 & 3a 
Sat, Jan 11, 9:00-12:00pm


Offering 2 & 2a 
Sat, Nov 23, 9:00-12:00pm


LinkedIn


\$99.99 +GST Instructor Jeanette Martin



Your Living Breathing Resume and Personal Brand Builder! Learn why the business world's movers and shakers use LinkedIn to find the right connections, look for collaboration opportunities and build a community around the global. Learn how to optimize your profile, use the search function to find the right people, create a company profile and use the analytics to build your visibility, credibility and profitability.

Offering 1 & 1a 
Sat, Oct 19, 3:00-6:00pm

Offering 3 & 3a 
Sat, Jan 11, 3:00-6:00pm

Offering 2 & 2a 
Sat, Nov 23, 3:00-6:00pm


Instagram


\$59.99 +GST Instructor Jeanette Martin




Photos, Videos, Stories, Reels... You are the Reporter for your Business!

How to create a professional business profile; post content to get followers; up your engagement and learn the tips to selling and relationship building on this highly visual social media platform.

Offering 1 & 1a 
Sat, Oct 19, 12:30-2:30pm

Offering 3 & 3a 
Sat, Jan 11, 12:30-2:30pm

Offering 2 & 2a 
Sat, Nov 23, 12:30-2:30pm



About Instructor Jeanette Y. Martin

Jeanette lives by three Core Values: **Connection, Collaboration, and Community.**

- Business owner of MYBC Consulting (Move Yer Bum Chum Consulting)
- Chief Relationship Officer ~ HowzBout Inc
- Relationship marketing & award winning Master Connector
- Global Strategist, Social Media Whisperer & Content Manager Canadian Businesses
- Creator and Co-Founder of The Gratitude & Appreciation Summits

Mindfulness

Class Location: Doubleday Arboretum,
21177 Fraser Highway, Langley

Mind Full to Mindful - Finding Calm in the Chaos

\$89.00 +GST

Instructor Pamela Dangelmaier

1 session

Class day: Saturdays

Offering 1: Sat, Sep 28, 9:00-11:30am

Offering 2: Sat, Oct 26, 9:00-11:30am

Offering 3: Sat, Nov 23, 9:00-11:30am

Are you feeling stressed, finding it hard to focus and wanting to enjoy more peace in your life? Perhaps now is the time to learn tools that could help you navigate these changing and challenging times. Practicing mindfulness can be the solution you're looking for.

The Mind Full to Mindful Workshop is intended as an introductory course for those who are curious about mindfulness and want to begin immediately benefiting from their newfound skills. This workshop will give you the opportunity to explore what mindfulness has to offer and will provide you with hands-on solutions to live a calm, focused and healthy life.

Bonus! You'll get to experience this unique, calming workshop in one of Langley's most beautiful, peaceful facilities - the Interpretive Centre at the Derek Doubleday Arboretum. This log home-like structure is an inviting, warm space - ideal for supporting your exploration of mindfulness and all the wonderful benefits it has to offer.

About Your Instructor Pamela Dangelmaier, Certified Mindfulness Coach

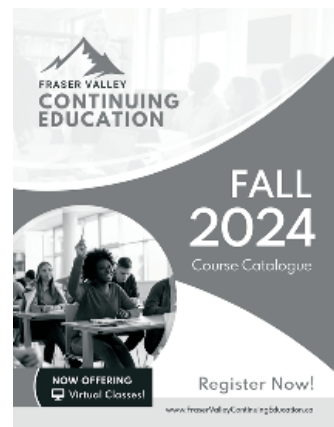
Pamela Dangelmaier is an experienced mindfulness practitioner and certified mindfulness coach. She leads her workshops and courses in a supportive, compassionate way that inspires participants to live healthier lives. She completed her graduate certificate in Mindfulness-Based Teaching & Learning at the University of the Fraser Valley, and worked as a mentor for the 2020-2021 program.

Just like our students, our instructors come from a variety of backgrounds. Because of this, each of them is trained in their chosen field - be it by being a long-term hobbyist, or a working professional. Many of them have their own companies on top of being our teachers! You can learn more about them and how they came to work in their fields through their biographies on our website, or just by being in class with them!

- Abigail Shirley
- Alison Dennis
- Allan San Andres
- Amanda Jarrett
- Amika Kehler
- Angelica Arbic
- Angelica Venegas
- Barb Solvey
- Bryce Willushaw
- Carlos Rabago
- Dean Scovill
- Debbie Hungle
- Diana Cruchley
- Doug Berg
- Edwin Palsma
- Elizabeth Bains
- Georges Boudjok
- Graham Best
- Helen Galloway
- Jeanette Martin
- Jeff Huot
- Karen Kroeker
- Kay Wang
- Keith Allingham
- Kevin Boyd
- Liz Holloway
- Lori Dowhaniuk
- Marzia Bellotti
- Pam Welch
- Pamela Dangelmaier
- Patricia Chadwick
- Paula Nelson-Maddison
- Rajnish Dhawan
- Rob Dunne
- Rob Shular
- Robyn Maltais
- Scott Robertson
- Sherrin Western
- Teresa Collins
- Terry Small
- Tim Stephenson
- Toni De Fazio
- Tony O'Regan

Do you have a skill you'd like to teach that you don't see in our catalogue?

Reach out to us at info@fraservalleycontinuingeducation.ca as we would love to hear your ideas!



Home Maintenance & Repair

All Class Locations: Credo Christian High School
21846 52nd Ave Langley

Instructor Rob Shula Each course 1 session

See website for full descriptions



Residential Electrical Level 1

\$49.99 +GST

There are a number of electrical items around the home that the average homeowner can manage safely. In this course you will learn to change out a Light Fixture, Re-wire a Socket, and Install a Dimmer, etc.

Offering 1: Sat, Oct 19, 9:30-12:30pm

Offering 2: Thurs, Nov 21, 6:30-9:30pm

Offering 3: Sat, Jan 4, 9:30-12:30pm

Toilet & Vanity

\$49.99 +GST

Bathroom Plumbing Maintenance & repair is one area where the homeowner can save money by doing it yourself. Learn about the home plumbing system, required tools, plumbing maintenance, and reparation techniques.

Offering 1: Sat, Oct 26, 9:30-12:30pm

Offering 2: Sat, Jan 11, 9:30-12:30pm

Tiling: Flooring

\$49.99 +GST

Are you considering replacing your Bathroom, Laundry Room, or Foyer Floor? Small flooring projects like these are well within the capabilities of the average homeowner. In this course you will cut, apply, and grout tiles to a plywood/cement board base.

Offering 1: Sat, Oct 5, 9:00-12:30pm

Offering 2: Sat, Nov 16, 9:00-12:30pm

Residential Electrical Level 2

\$49.99 +GST

To register for this class it is recommended you take Electrical I prior. By the end of the class, students will be able to wire in a 3-way light switch, assemble/repair an extension cord, breaker box wiring and more!

Offering 1: Sat, Oct 19, 1:00-4:00pm

Offering 2: Thurs, Nov 28, 6:30-9:30pm

Offering 3: Sat, Jan 4, 1:00-4:00pm

Kitchen Sink & Appliances

\$49.99 +GST

Students should take Plumbing I before Plumbing II. They will measure, cut and install pex water lines. Students will cut and install ABS sink drainage system. Also they will install kitchen sink baskets for a double sink. Lastly they will remove and replace components in a toilet tank.

Offering 1: Sat, Oct 26, 1:00-4:00pm

Offering 2: Sat, Jan 11, 1:00-4:00pm

Tiling: Backsplashes

\$49.99 +GST

Replacing the backsplash in your kitchen or Bathroom is an inexpensive way to freshen up the look of the room. Switch out some of the fixtures such as Faucets, Knobs, Towel Racks, etc., and it can make it look like a new room.

Offering 1: Sat, Oct 5, 1:00-4:30pm

Offering 2: Sat, Nov 16, 1:00-4:30pm

FALL CLASSES NOW OPEN

Back in the classroom, & online.

Register for your course today.



www.FraserValleyContinuingEducation.ca