



FLATHEAD VALLEY COMMUNITY COLLEGE



Photo Credit: Andrew Bassett



Explore over 230 topics and 270 sessions
that will spark new skills,
passions and professional growth.

**SPRING
2026**



Arts and Technology Building, Room 215 | Monday-Friday, 8am-5pm | 406.756.3832

FVCC Spring 2026 Non-Credit Course Catalog

Registration opens Wednesday, January 14.

fvcc.edu/ContinuingEducation



BEFORE YOU REGISTER

We've upgraded our online registration system to make the process easier and more efficient. The new platform features a

cleaner design, improved navigation and account tools that make it simple to manage class details. **Creating a new account is required to register.** The updated system also supports registrations completed by employers or parents/guardians on behalf of students, making group and third-party sign-ups more streamlined. Questions? Please don't hesitate to reach out to ceinfo@fvcc.edu or 406.756.3832.

Have questions about courses or how to register online?

Call **406.756.3832**

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All Continuing Education non-credit classes are for students age 16 years and older, unless otherwise noted.

For Registration & Policy Information, see page 21.

All classes are held in-person at FVCC unless otherwise noted. Select classes are held at off-campus partner locations or online via Zoom.

On the cover: Ski photo courtesy of Glacier Nordic Center



AGRICULTURE & GARDENING

Beginning Beekeeping

Explore the amazing world of honey beekeeping. Class covers basic biology, equipment, acquiring bees, bee health, easy honey harvesting and winterizing. Answer all your buzzing questions and learn amazing facts and skills about honey beekeeping.

Angela Tollerson 3 sessions
Sat Jan 24-Feb 7 12:30-3:30pm \$79

Landscape Fundamentals

Discover fundamental landscape principles including basic design concepts, proper planting techniques of trees, shrubs and groundcovers, basic sprinkler design, scheduling and maintenance, and practical pruning of trees and shrubs. Learn how to use these techniques and budget to make your landscape successful.

Dudley Marburger 6 sessions
Wed Feb 4-Mar 11 5:30-7:30pm \$99

Growing Vegetables 101

Learn about growing food sustainably in Montana. This foundational course covers what to grow based on the season, how and where to buy seed, planning and organizing your garden as well as soil health and fertility.

Dane Regan 1 session
Sat Feb 21 1-3pm \$40

Flower Gardening: Growing Beautiful Blooms NEW

Learn how to grow beautiful flowers for your garden or for cutting. Discover easy-to-grow flowers and handy tips for ensuring blooms all summer long. Get ready to make bouquets for friends, enjoy flowers on your kitchen table all summer or just get your hands in the dirt.

April Vomfell 1 session
Tue Feb 24 6-8pm \$40

Multifunctional Hedgerows & Their Ecological Benefits

Explore the design, implementation and ecological benefits of multifunctional hedgerows in agriculture and natural landscapes. Hedgerows are dense plantings of trees, shrubs, grasses and other plant species along the edge of fields or gardens. Learn about the role of hedgerows in biodiversity conservation, soil health and pest management as well as their potential to enhance ecosystem services.

Giovanni Bevacqua 1 session
Thu Feb 26 6-8pm \$35

Seed Starting: Growing for Your Garden

Get an early start to your outdoor garden. Learn to sprout, sow and grow your fruit and vegetable plants indoors to accommodate Northwest Montana's short summer growing season. Lots of tips and tricks for frugal, common sense and efficient gardening.

Kathy Prim 1 session
Sat Feb 28 10am-12:30pm \$45
Sat Mar 28 10am-12:30pm \$45
Sat Apr 18 10am-12:30pm \$45

Flower Gardening: Seed Starting Basics NEW

Start your own flower garden from seed. Learn different seed starting methods, how to start seeds indoors and keep them alive, and when and how to transplant seedlings outside. Plus, learn tips for annuals, perennials and native flowers, as well as which varieties are best started indoors or direct sown in the garden.

April Vomfell 1 session
Tue Mar 10 6-8pm \$40

Spring Raspberry Pruning NEW

Discover the fundamentals of raspberry pruning for healthy, productive plants. Learn to identify cane types, apply proper pruning techniques and manage plant structure to improve yield and disease resistance. Through guided, hands-on fieldwork, gain the skills needed to maintain vigorous raspberry plantings season after season.

Giovanni Bevacqua 1 session
Thu Mar 12 5:30-7pm \$30

Preserving Jams & Jellies - see page 11.

Square Foot Gardening

Learn to save time, effort, tools, space and water with the square foot gardening method. It is estimated to cost 50% less, uses 20% less space, 10% of the water and only 2% of the work compared to single row gardening. There's virtually no weeds, no digging or rototilling, and no heavy tools necessary.

Kathy Prim 1 session
Sat Mar 14 10am-12:30pm \$45
Sat Apr 11 10am-12:30pm \$45

Fruit Tree Pruning NEW

Learn to prune your own fruit trees for overall tree health and high quality fruit. This field class workshop takes place in the FVCC Campus Farm orchard, seeing first hand the different tools, techniques and strategies to consider when pruning.

Mark Cometti 1 session
Sat Mar 28 1-3pm \$50

Staple Food Gardens

Learn about growing staple foods in the garden for a year-round food supply. Discover simple strategies for developing new gardens, selecting crops, growing, harvesting, proper storage and more.

Mark Cometti 1 session
Sat Apr 11 1-3pm \$45

Wine Cap Mushroom Cultivation

Explore the art of cultivating wine cap mushrooms, learning the best techniques for growing these flavorful fungi in your own backyard. Delve into the mushroom's ecological benefits and discover how they enhance soil health while providing a sustainable food source.

Giovanni Bevacqua 1 session
Sat May 16 9am-12pm \$50

Nature classes - see page 15.



Photo courtesy of Racheal Vargas

Land Stewardship Field Retreat

Join local natural resource experts from MSU Extension, Flathead Conservation District, Flathead County and Montana DNRC to learn techniques for managing your land. Topics include soil and pasture health, noxious weeds, landowner fire preparedness, forest health (insects, disease and wildfire), living by water and living with wildlife. Meet at Loon Lake with a special lunch presentation on loons and an optional evening campfire reception. Fee includes lunch, reception, snacks and course materials.

Instructor Panel 1 session
Sat May 23 9am-5pm \$85

Outdoor Oyster Mushroom NEW Cultivation

Explore the art of cultivating oyster mushrooms, learning the best techniques for growing these flavorful fungi in your own backyard. Dive into the ecological benefits of oyster mushrooms and discover how they enhance soil health while providing a sustainable food source.

Giovanni Bevacqua 1 session
Thu Jun 11 6-8pm \$40

ANIMALS

Pet First Aid, CPR & Disaster Response

Learn to identify and prevent pet emergencies and recognize normal and abnormal vital signs. Discuss how to care for pets, plan for the outdoors and travel, and how to best handle disaster and response.

Racheal Vargas 1 session
Wed Feb 4 10am-2pm \$74
Wed Mar 18 10am-2pm \$74

Chickens & Eggs

This one-day class gives facts about chickens and eggs "gathered" from a lifetime of raising chickens. Find out the benefits and commitment of raising chickens. Learn about the aspects of economics, housing, feeding and equipment needed to start your own flock.

Emy Amy 1 session
Sat Feb 21 10am-1pm \$39

Basic Dog Obedience LIBBY

Learn the basics of dog obedience, how to properly administer handler techniques and understand fundamental dog psychology. Handle dogs in class in a variety of situations and distractions. Handlers can take the AKC Canine Good Citizen test, a nationally recognized dog socialization test on the last day. Class meets outdoors at the Fred Brown Riverside Pavilion in Libby.

Terry Crooks 7 sessions
Sun Mar 15-Apr 26 2-3pm \$69

Why Does My Dog Do That?

Explore the latest discoveries in animal behavior, neuroscience and medical imaging to understand why our beloved pets do what they do. Bring your own perplexing pet behavior stories to share and then practice identifying the underlying motives of canine behavior using evidence-based, positive-reinforcement strategies for low stress behavior adjustment.

Elise Poston 2 sessions
Tue Mar 31-Apr 4 6-7pm \$39

The Wonder of Birds: Beginning to Intermediate Bird Identification

Learn about the behavior, form, function and conservation of birds including an in-depth look at several species native to Northwest Montana. Explore the identification of over 136 common birds by both sight and sound. Practice your skills on three field trips and during a live birds of prey presentation.

Denny Olson 9 sessions
Tue Mar 31-May 30 6:30-8:30pm \$249

K-9 Wilderness Emergency Care

Specifically designed for the Montana outdoor enthusiast who likes to share their outdoor adventures with their dog where access to veterinary care is delayed or communication is limited. Learn the necessary emergency first aid treatments for common injuries and illnesses and how to make appropriate evacuation decisions.

Racheal Vargas 1 session
Fri Apr 10 9am-5:30pm \$144

It's a Dog's Life NEW

Explore what we know about how a dog sees, hears, smells, tastes and feels their world. Learn the basics of canine genetics, physiology, perception and cognition to better understand why our dogs do what they do. Gain a whole new perspective on your canine companion's daily life!

Elise Poston 2 sessions
Tue Apr 21 & 28 6-7:30pm \$39

The Horse-Human Connection: Presence, Trust & Awareness

Mindful observation, grooming and leading open the door to subtle, authentic communication between horse and human. Ground activities reflect our emotional awareness and trust while revealing how our inner state shapes connection. Join us as we slow down and attune to the horse, discovering new ways of relating with calmness and respect.

Silvi Winthrop 4 sessions
Tue May 5-26 4-6pm \$84

If Your Dog Could Talk NEW

Discover how dogs use body language and vocalization to communicate with each other and with us. Class explores the signals dogs rely on and offers practical guidance on how we can adjust our own posture and tone of voice to communicate more clearly in return. While the class builds on the concepts from "Why Does My Dog Do That?" there are no prerequisites and everyone is welcome.

Elise Poston 2 sessions
Tue May 12-19 6-7:30pm \$39

Register online today!

Quick | Easy | Convenient

fvcc.edu/ContinuingEducation

ARTIST MARKETING

Pricing & Marketing Your Art & Handmade Products

Learn to develop a pricing formula unique to your business. Calculate costs by product type and determine profit margins and competitive pricing. Identify your audience and develop your brand to reach your target customer with tailored marketing messages. Understand a typical marketing cycle to draw attention to your products and increase sales.

Jan Shanahan 1 session
Thu Feb 12 5-8:30pm \$65

Create Your Art Business Calendar for Financial Success

Learn to set goals by forecasting sales and creating a simple marketing and sales calendar. Use it to plan what you can afford for marketing, art shows, retail or wholesale activities and other events that help you move beyond making the products to sell.

Jan Shanahan 1 session
Thu Feb 26 5-8:30pm \$65

ARTS

CREATIVE CRAFTS

Beginning Crochet

Learn about yarn, needles, pattern reading and the basic stitches and textures needed to create simple to intermediate projects. Class includes practice yarn, yarn needle, fun yarns to try and a guidebook/sample pattern.

Jan Shanahan 1 session
Sat Jan 24 10am-3pm \$69
Sat Feb 7 10am-3pm \$69

Ukrainian Egg Decorating

Explore the art, symbolism and joy of creating traditional Ukrainian Easter eggs. Pysanky eggs are decorated using a method of batik/wax resist dyeing. With a little patience, some beeswax, a special stylus and dyes, create your own collection of beautiful eggs.

Kathy Martin 6 sessions
Wed Feb 2-Mar 18 6-8pm \$114



Photo courtesy of Allyson Fraser

Beginning Paper Flower Making

Learn foundational techniques and four essential methods for shaping and assembling realistic paper flowers of your choice. Finish with a creative display project, arranging flowers in a vase, frame or wreath.

Allyson Fraser 1 session
Thu Feb 5 6-8pm \$54
Sat Apr 11 10am-12pm \$54

Beginning Hand Embroidery

Learn to use embroidery thread to make the right size stitches, transfer designs to your surface and get creative with personal projects or gifts. Needles, thread, fabric choices and instruction booklet provided. Bring an embroidery kit or design if you have one.

Jan Shanahan 1 session
Sat Feb 21 10am-3pm \$69
Sat Mar 21 10am-3pm \$69

Introduction to Metal Stamping NEW

Learn the basics of metal stamping with a hammer, alphabet stamps and metal blanks to create unique, personalized keychains. Leave with three completed keychains that make great gifts and keepsakes. All supplies provided.

Melanie Ruonavaara 1 session
Tue Mar 10 6-7:30pm \$39
Tue Mar 31 6-7:30pm \$39
Thu Apr 14 6-7:30pm \$39

Intermediate Paper Flower Bouquets NEW

Build on your paper flower skills and create a beautiful handmade bouquet. Learn new techniques including spiral and petal-by-petal flowers, wire wrapping and bouquet design principles while refining your shaping and layering skills. Beginning Flower Making is recommended but not required.

Allyson Fraser 1 session
Thu Mar 12 6-8pm \$54



English Paper Piecing: The Calming Handwork

Learn about the traditional art form of English paper piecing and to cut, prep and hand-stitch fabric around paper templates to create a beautiful, geometric design. Finish a small (under 18") project in class or layout a larger one to complete at home. Bring scissors, ruler, needles and neutral sewing thread. Use your own fabric scraps or choose from those provided.

Jan Shanahan 1 session
Sat Mar 14 10am-3pm \$69

Spring Paper Wreaths NEW

Learn how to craft layered paper flowers using shaping, curling and stacking techniques, then arrange them with greenery to design your own decorative wreath. Class covers color coordination, balance and assembly tips to help your wreath look full and professional. All materials are provided.

Allyson Fraser 1 session
Sat Mar 21 10am-12pm \$54

Crazy Quilting

For beginning and next-level fabric crafters who want to learn about the eclectic form and technique of handwork and quilt projects. Materials and stitch book provided to help guide you through developing your own design. Learn 10-15 crazy quilt stitches, how to add embellishments and how to meticulously plan your design for a stylish, haphazard look.

Jan Shanahan 1 session
Sat Apr 11 10am-3pm \$69

Do you have a desire to teach?

Talk with us about teaching a special interest, non-credit class.

For more information,
email ceinfo@fvcc.edu
or call 406.756.3832



Wool Felted Appliqué

Create a seasonal table topper out of the rich, wool textures. Choose from a variety of templates and patterns for 12" or 18" scalloped edge bases, and personalize your design with dozens of shape and theme options. Learn essential wool techniques and 4-6 creative stitches to embellish and add texture.

Jan Shanahan 1 session
Sat Apr 18 10am-3pm \$69

Custom Paper Flower Frames NEW

Design and cut a personalized vinyl frame using a Cricut, learn how to apply it to a wooden frame and then add handmade paper flowers using simple shaping and layering techniques to complete your design. This class is perfect for beginners and includes all materials.

Allyson Fraser 1 session
Thu May 7 6-8:30pm \$59

Bookmaking Basics NEW

Step into the world of handmade books and learn the basics behind this timeless craft. Explore how various folds, stab binding, cake box technique and much more come together to create one-of-a-kind books.

Jill M.L. Kanewischer 4 sessions
Wed Mar 25-Apr 15 1-5pm \$114

PERFORMING ARTS**Acting While Singing NEW**

Perform prepared songs each week, receive tailored feedback and work on specific acting elements such as character objectives, emotional connection and movement. Class culminates in a final showcase to demonstrate your development in both singing and acting.

Sydney Fabregas 10 sessions
Mon Feb 9-Apr 13 6-8pm \$199

Jitterbug (Single Step Swing)

The Jitterbug, an upbeat form of swing dancing, is associated with various dances such as the Lindy Hop, jive and East Coast Swing. Danced to all types of music and in all venues, the Jitterbug is a must-have in your dance repertoire. Partner required.

Tom Reynolds 5 sessions
Mon/Wed Feb 23-Mar 9 6-7pm \$55
Mon/Wed Apr 20-May 4 6-7pm \$55

American Waltz

Considered by some as the "mother of present-day dances" of the ballroom, the waltz is the basis for many dances. Learn the steps of this smooth dance that is all about gliding in a lively manner, characterized by its rise and fall action. Partner required.

Tom Reynolds 5 sessions
Mon/Wed Feb 23-Mar 9 7:30-9pm \$55

Comedy Improv for Beginners

Dive into the fundamentals of comedy improv! Through fun games and exercises, build confidence, sharpen your comedic timing and learn to stay present in the moment. This class is the perfect foundation for those interested in taking Comedy Improv Showmanship.

Jack Andenoro 4 sessions
Thu Feb 19-Mar 12 6:30-8:30pm \$74

Comedy Improv Showmanship

Take your comedy improv skills to the next level. Through focused practice and performance exercises, build confidence and timing, preparing for a live performance. Recommended prerequisite: Comedy Improv for Beginners.

Jack Andenoro 5 sessions
Thu Mar 19-Apr 10 6:30-8:30pm \$89

Nightclub Two-Step

Learn the versatile nightclub two-step, a partner dance originally developed for dancing to slower music. Enthusiastic instructors teach how to move in the "box" and move smoothly so you can dance confidently to most songs in any venue. Partner required.

Tom Reynolds 5 sessions
Mon/Wed Apr 20-May 4 7:30-9pm \$55

The Art of the Audition NEW

Designed for aspiring performers, learn to master the essential skills required for successful theater, film and television auditions. Explore various audition techniques, learn to prepare and present monologues and songs, and receive constructive feedback in a supportive environment. Develop confidence, hone your unique artistic voice and learn how to navigate the audition process effectively.

Sydney Fabregas 8 sessions
Mon Apr 20-Jun 9 6-8pm \$134

Irish Traditional Dance

Learn Irish dance steps that have been around for hundreds of years. These dances have been recorded and preserved by the great Irish dance masters of the time. Join this non-competition style of dance as a fun and fulfilling form of exercise.

Crystal MacInness 6 sessions
Tue Apr 28-May 15 6-7pm \$59

VISUAL ARTS**Introduction to Stained Glass**

Create your own stained glass sun catcher in this hands-on class. Learn basic stained glass skills like choosing and cutting glass and soldering your final product. All supplies and equipment provided, including sun catcher designs.

Emily Goodrich 2 sessions
Mon Feb 2 & 9 5:30-8:30pm \$149
Mon Feb 23 & Mar 2 5:30-8:30pm \$149
Mon Mar 16 & 23 5:30-8:30pm \$149
Mon Apr 6 & 13 5:30-8:30pm \$149
Mon Apr 27 & May 4 5:30-8:30pm \$149
Mon May 11 & 18 5:30-8:30pm \$149

Watercolor Magic

Learn the basic techniques of watercolor painting and create a new piece each week. Explore a variety of methods to enhance your work and express your creativity. The final class is dedicated to creating a finished painting that brings together everything you've learned.

Dana Fraley 7 sessions
Tue Feb 3-Mar 17 6-8pm \$144

Nature Illustration in Graphite, Colored Pencil & Watercolor NEW

Take a closer look at our natural world and learn how to draw and paint it. Create beautiful illustrations each week in graphite, colored pencil and watercolors from the instructor's natural history collection of nests, feathers, insects, stones and skulls.

Hillary Parker 7 sessions
Tue Feb 3-Mar 17 9:30am-12:30pm \$219



Senior Institute is for anyone age 65 and up looking to enrich their lives, learn new skills and expand their social network.

Fridays, February 13-March 20

Class: 1-3:05 pm | Program with cookies and drinks: 3:30-4pm

Choose from 18, one-credit classes about art, history, technology and more.

Registration opens January 28.

Full details at fvcc.edu/senior-institute, or email seniorinstitute@fvcc.edu or call 406.756.3838.



Botanical Watercolor Basics I

Learn basic drawing, painting and plant anatomy to create beautiful watercolor studies of flowers with accuracy. This popular course now includes extended sessions to practice drawing skills in class. No previous experience necessary and all supplies provided.

Hillary Parker 7 sessions
Wed Feb 4-Mar 18 9:30am-12:30pm \$219

Botanical Drawing I NEW

Using plants and flowers for inspiration, learn plant anatomy and basic skills of creating accurate line, form, light and shading in graphite and pen. No previous experience necessary and all supplies provided.

Hillary Parker 7 sessions
Thu Feb 5-Mar 19 9:30am-12:30pm \$219

Painting Valentine's Day Cards NEW

in Watercolors

In anticipation of Valentine's Day, make beautiful and memorable hand painted cards in watercolors for the ones you love. Watch a demonstration in class as you work independently. No previous watercolor experience necessary and all supplies provided.

Hillary Parker 1 session
Fri Feb 6 1-4pm \$74

Relief Print Making NEW

Explore the world of relief printmaking by trying out stamping techniques and learning how different types of prints come to life. Experiment with mono, linocut and block printing as you create your own original artworks.

Jill M.L. Kanewischer 6 sessions
Thu Feb 5-Mar 12 2-4pm \$139

Beginning Portrait Drawing

Create beautiful portraits of men, women and children using basic tools. Explore different styles from modern representational art to photo realism using both live models and photos as references. Work on your own subjects during the week and discover the satisfaction of capturing human emotions through your artwork.

Steven Miller 6 sessions
Thu Feb 5-Mar 12 6-9pm \$189

Mixed Media Collage

Under the guidance of a contemporary narrative collage artist, explore a series of projects designed to boost creativity and teach techniques while helping you create a variety of mixed media collages. Bring your own materials. Class meets every other Saturday.

Jill M.L. Kanewischer 6 sessions
Sat Feb 7-Apr 18 9am-12pm \$149

Advanced Acrylic Painting

An opportunity for experienced painters to dig deeper into acrylics. Each week offers focused exploration of specific painting challenges, encouraging growth experimentation and a more confident personal style.

Jill M.L. Kanewischer 6 sessions
Mon Mar 2-Apr 13 2-4pm \$99

Introduction to Drawing a Clothed Model NEW

Learn to draw the human figure, both seated and standing, in snug and layered clothing. Class combines demonstration with practice time, suitable for beginner and intermediate students.

Donald Yatomi 6 sessions
Mon Mar 9-Apr 20 6-9pm \$169

Bookmaking Basics NEW

Step into the world of handmade books and learn the basics behind this timeless craft. Explore how various folds, stab binding, cake box technique and much more come together to create one-of-a-kind books.

Jill M.L. Kanewischer 4 sessions
Wed Mar 25-Apr 15 1-4pm \$99

Colored Pencil Level II NEW

Build on the foundations from Colored Pencil Basics and advance your skills in color theory and drawing techniques by creating a landscape, spring flowers and a still life. Basic colored pencil skills are required. All supplies provided. No class 4/14, 5/5 or 5/19.

Hillary Parker 7 sessions
Tue Mar 31-Jun 2 9:30am-12:30pm \$219

Botanical Watercolor Basics II: Painting Spring Flowers in Bloom NEW

In this advanced course, learn new skills and techniques for painting spring flowers in bloom each week, including how to add layers of glazes to create color/form, textures and veins on leaves and petals. Join for positive support, demonstrations and one-on-one instruction. Recommended prerequisite: Watercolor Basics. All professional grade art supplies provided.

Hillary Parker 7 sessions
Wed Apr 1-Jun 3 9:30am-12:30pm \$219

Botanical Drawing II NEW

Build on your basic drawing skills and deepen your ability to draw plants and flowers. Learn more advanced techniques while developing a stronger understanding of plant anatomy and vitality. Create accurate, life-like botanical drawings in pen and ink using line, form, light and shading. Basic drawing skills required and all supplies provided. No class 4/16, 5/7 or 5/21.

Hillary Parker 7 sessions
Thu Apr 2-May 28 9:30am-12:30pm \$219

Painting Mother's Day Cards NEW

Enjoy afternoon tea and tea sandwiches while making beautiful and memorable hand painted Mother's Day cards in watercolors for the ones you love! Join award-winning watercolor artist Hillary Parker for demonstrations as you work independently. No previous watercolor experience necessary and all supplies provided.

Hillary Parker 1 session
Fri Apr 24 1-4pm \$74

Register online today!

fvcc.edu/ContinuingEducation



Photo courtesy of Hillary Parker



Photo courtesy of Yoshimi Yamamoto-Derks



Nature Journaling

Connect to the great outdoors while expressing your artistic side. Respond, reflect and record your thoughts, feelings and observations freely through writing, sketching, painting and collage on location at various outdoor places throughout the Flathead Valley. No previous art experience required and all skill levels welcome.

Hillary Parker 4 sessions
Fri May 1-Jun 5 1-4pm \$139

On-Location Sketching NEW

Learn to sketch on location using both pencil and marker. After a classroom introduction, head out to draw in a mix of urban and rural settings, indoors and outdoors. Practice capturing people, architecture and natural elements.

Donald Yatomi 8 sessions
Mon/Wed May 4-27 1-3pm \$144

Japanese Traditional Art: NEW

The Art of Mizuhiki

Discover the beauty of traditional Japanese decorative cord tying. Learn how to create the Awaji Knot, representing lasting connection and harmony. Experience the meditative and symbolic nature of this beautiful craft as you complete your own Mizuhiki piece, attached to a card as a keepsake.

Yoshimi Yamamoto-Derks 1 session
Wed May 6 6-8:30pm \$54

Beginning Etching Prints NEW

Learn the basics of etching through an approachable process that uses easily available materials. Follow each step of creating an etching, from preparing and inking the plate to wiping and printing, to produce at least two small-edition prints of your own.

Kristen (Kay) Lyle 8 sessions
Thu Apr 16-Jun 3 6-8:30pm \$189

Introduction to Letterpress

Learn the basics of setting type, applying ink and printing with a vintage proofing press and 100+ year old type. This once-prolific production process now thrives as an art form and a means of self-expression. Choose a quote, short poem or passage to set in type, print a small run of posters, and then exchange your work with classmates.

Kristen (Kay) Lyle 8 sessions
Wed Apr 1-May 20 6-8:30pm \$189

Multi-Color Printing with Linoleum NEW

Discover the tools, carving materials and printing substrates used with linocut to create multi-color images on a press. Learn how to keep your tools and your wits sharp, plan for success and work through the entire process from concept to small print run. Previous experience is a plus, but not required.

Kristen (Kay) Lyle 8 sessions
Thu Feb 3-Apr 2 6-8:30pm \$189

COMMUNICATION & CUSTOMER SERVICE

Motivational Mondays: Lunch & Learn NEW

Bring your lunch and join us as we explore valuable topics that support both personal and professional growth.

11:30am-1pm 1 session each \$35

Feb 9: Achieving Work-Life Balance

Discover keys to thriving, not just surviving. Use your natural strengths to make the workplace fulfilling, rewarding and fun. Instructor: Phil Quigley

Feb 16: Navigating Change

Explore the process of guiding or adapting to significant transitions, disruptions or transformations within an organization or your personal life. Instructor: Sam Herbert

Mar 2: Communicating Across Generations

Navigate different communication styles, preferences and expectations shaped by each group's unique formative experiences, societal trends and technology. Instructor: Lisa Jones McClellan

Mar 16: Building Resiliency

Learn skills to cope with stress, manage change and bounce back from challenges in an increasingly dynamic workplace. Instructor: Sam Herbert

Mar 30: Atomic Habits

Discover a proven system to transform your life by making good habits inevitable and bad habits impossible. Instructor: Kathy Dunnehoff

Apr 6: Mayday!

What to do when you're feeling undermined, isolated and sabotaged at work. Instructor: Phil Quigley

May 4: Conflict Resolution

Learn strategies for navigating disagreements respectfully and finding mutually beneficial solutions to maintain a positive work environment. Instructor: Cindy Carpenter

May 11: American Heroism

From Medal of Honor winners on the battlefield to everyday heroes on the home front, uncover "True North" behaviors of courageous leaders that create cultures of excellence and accountability. Instructor: Phil Quigley

Master the Art of Critical Conversations

We live our lives one conversation at a time. Summon the courage to openly express your ideas and opinions confidently, even the risky, controversial ones. Learn how to speak up and win support for your ideas, enlist honest feedback and honor the perspectives of others in productive, respectful conversations.

Phil Quigley 1 session
Thu Feb 19 9-11am \$40

406 Workforce

Build practical customer service skills from understanding your circle of influence to presenting yourself professionally and communicating your value. Practice effective listening and questioning, explore generational strengths in the workplace and learn strategies for navigating conflict with confidence and grace.

Lisa Jones 1 session
Wed Mar 4 1-4pm \$60

Assertiveness Skills That Work

Communicate decisively, confidently and authentically to share your ideas while respecting the interests of others. Practice assertive behaviors through verbal, vocal and visual techniques and acquire confidence in taking a courageous stand on conversation topics.

Phil Quigley 1 session
Thu Mar 5 9-11am \$40

The Art of Persuasion

Learn the secrets of some of the world's most inspiring and successful influencers. Master a suite of best practices for influencing colleagues, executives, customers and other decision makers. Win others over with empathy, compassion and understanding, and by learning and applying three game-changing persuasion tools.

Phil Quigley 1 session
Thu Mar 19 9-11am \$40

Humor in the Workplace

It is possible to get things done and have fun at work with a little humor! Research shows leaders with a sense of humor are 27% more motivating and admired. Learn to incorporate humor and humanity in the workplace, boosting well-being, team performance and your organization's success.

Phil Quigley 1 session
Thu Apr 2 9-11am \$40

Dealing Effectively with Difficult People

Equip yourself with tools for getting along with demanding people when stakes are high by recognizing and understanding four primary communications styles.

Phil Quigley 1 session
Thu Apr 9 9-11am \$40

Captivating the Crowd NEW

Explore the skills to connect with, captivate and engage any audience. Learn how to craft meaningful messages, create memorable experiences and develop motivational presentations for all ages. Leave with the tools to be a confident public speaker and effective communicator.

Christiane Hinterman 1 session
Sat Apr 25 8:30am-5pm \$112

Comedy Improv for Beginners - see page 4.

StrengthsFinder Workshop - see page 17.

Storytelling - see page 20.



Looking for Online Learning Options?

Discover What's Available.

Choose from hundreds of options like QuickBooks, Podcasting and Photoshop. Courses are fully online and flexible, so it's easy to learn at your own pace, from anywhere. Each class includes expert instruction, interactive lessons and practical tools you can use right away. It's affordable, convenient and designed with working adults in mind.



COMPUTERS, MEDIA & TECHNOLOGY

Windows 11 Features

Learn the basics of the Windows 11 operating system including the Edge browser, task view and Snap Assist for windows management. Customize your workspace, manage user accounts and familiarize yourself with the Windows voice controlled assistant, Cortana.

Shannon Hanson 1 session
Mon Feb 9 1-4pm \$54

Google Suite

Google Suite contains numerous applications to help us function in our high tech world. Learn about Gmail, Sheets (spreadsheets), Docs (word documents), Slides (slide presentation) and Meet (video conferencing). Create each one while learning the ins and outs of using Google.

Shannon Hanson 2 sessions
Thu Apr 2 & 9 1 -5pm \$112

Becoming Tech Savvy

Learn at a relaxed pace with a compatible group of beginning computer users. Gain a fundamental understanding of how computers operate, creating and managing computer files, writing letters and emails, using the internet and navigating Windows 11 and Office 365.

Amelia Ward 5 sessions
Mon/Wed Apr 6-20 5:30-7:30pm \$149

MICROSOFT OFFICE

Learn to produce professional documents and spreadsheets with guidance from an industry expert. Classes taught on Office 365. Classroom or Zoom seats available. Instructed by Allison McCarthy **\$69 each session**

Excel Level I

Explore the basics of spreadsheet functions. Learn shortcuts to assist in data entry, how to create formulas and basic formatting. Prerequisite: experience with basic Windows functions.

Tue Mar 3 9am-12pm (Zoom Option)
Tue Apr 7 1-4pm (Zoom Option)

Excel Level II

Learn to manage an Excel workbook including data organization, cross-sheet formulas and working with multi-sheet books. Walk away with tips and tricks to speed up your layout, linking, formatting and printing. Prerequisite: Excel Level I or some knowledge of Excel.

Tue Mar 10 9am-12pm (Zoom Option)
Tue Apr 14 1-4pm (Zoom Option)

Excel Level III

Learn to create and format line, column and pie charts. Build complex formulas, use the sorting and filtering functions in list management and learn about trend lines. Prerequisite: Excel Level I and Excel Level II.

Thu Apr 16 1-4pm (Zoom Option)

Excel Level IV

Learn to use advanced filtering to build accurate, duplicate-free lists that you can then send to a separate file for emailing. Combine the power of pivot tables with accurate lists to create summary level reports. Prerequisite: Excel Level III.

Tue Apr 21 1-4pm (Zoom Option)

Microsoft Word: A Powerful Tool with Hidden Features

Reduce your time and effort by leveraging the most popular word processing program in the world. Even lifelong Word users will leave with new skills. Learn your way around the normal template, keyboard techniques, formatting, the clipboard, indentations, lists and inserting photos. Save time with shortcuts and custom settings. Taught on Office 365.

2 sessions
Tue/Thu Apr 28-30 1-4pm (Zoom Option)
\$129

WordPress: Easy Website Design

WordPress is the easiest and most powerful blogging and website builder today. Learn how to set up an entire website with WordPress. No programming skills needed. Recommended prerequisite: Resizing Images for Print & Web - see page 18.

Shannon Hanson 3 sessions
Wed Feb 11-25 1-5pm \$159

Advanced WordPress Web Design

Designed for those responsible for the administration of a WordPress website or who want a deeper understanding of how it works. Learn about themes, plugins, installation and registration as well as backing up your site and moving to a new host.

Shannon Hanson 3 sessions
Wed Mar 4-18 1-5pm \$159



Register
online
today!

Start & Grow Your YouTube Channel

Learn the essentials to be successful with your own YouTube channel: realities, niche, channel name, camera and sound options, editing, dashboard and analytics. Walk away with tips for growing your channel.

Chris Tempel 3 sessions
Wed Apr 1-15 6-8pm \$84

Introduction to Video Editing

Editing is an art form and the most important part of the video creation process. Learn how to take raw footage, stills and music, and then make a finished video to share with peers, family and friends.

Chris Tempel 3 sessions
Wed Apr 22-May 6 6-8pm \$84

Scrivener Writing Software - see page 20.**FINANCE****Elevate Your Small Business:** NEW**IRS Resources & Accountant Q&A**

Join for an engaging, interactive workshop focused on IRS tools and resources, accounting, tax planning, budgeting and recordkeeping, and how these elements fit into your overall business management. Register online at mtsbdc.ecenterdirect.com/events/6193.

Montana SBDC 1 session
Thu Jan 29 9-11am FREE

Understanding the Basics of Stock Market Investing

Explore how portfolios are developed and how to make changes to suit your goals and objectives. Learn about stocks and bonds, mutual funds versus ETFs, risk and reward, portfolio assembly, tax-free or tax deferred investment strategies, fund expenses and advisor fees, and measuring results. Bring your own laptop if you have one but not required.

Ben Repond 2 sessions
Mon/Wed Feb 2-4 6:30-8:30pm \$49

**Maximizing Your Social Security Benefits**

Learn everything you need to know to maximize Social Security benefits for the primary worker and spouse. Understand your options including the optimal age to start benefits and how divorce, widowhood, pension income and Medicare can affect your payments. Discuss how benefits are taxed, strategies for minimizing taxes and the required documents to claim benefits.

Ben Repond 2 sessions
Mon/Wed Feb 9-11 6:30-8:30pm \$49

Avoiding the "Con" in Construction NEW

Construction projects often run over time and budget. Learn about scope of work, contractor licensing, proposals and contracts, permits and payment processes. Leave with a clearer understanding of how projects should run to move forward with more confidence and less stress.

Kia Ricchi 3 sessions
Wed Mar 4-18 6-8pm \$84

Navigating the Home Buying/Selling/Financing Journey

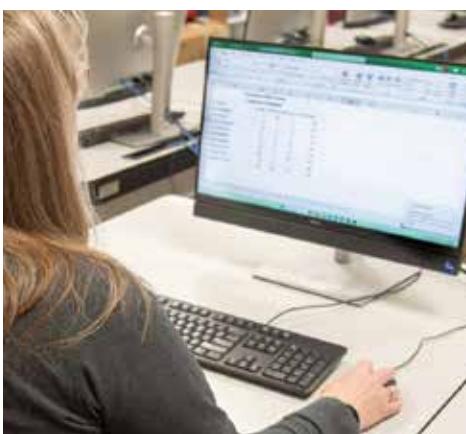
Learn how to prepare for the home buying/selling process, understand mortgage options, work with real estate professionals and avoid common pitfalls. Attend for an overview of the entire process including essential financing considerations and leave equipped to make informed decisions.

Anu Jakkam, Sheila Siegel 1 session
Tue Apr 21 6-8pm \$34

Unlocking Financial Statements

As a decision-maker for your organization, you have powerful tools in your balance sheet, income statement and cash flow. Refine your understanding about generally accepted accounting principles and how to scan any financial report to quickly notice pertinent numbers.

Brien Kreps 1 session
Wed Apr 22 6-9pm \$54

**Cash-Flow Management**

Would you like to know how to increase the balance in your business checking account? Learn how the decisions you make daily affect your cash flow and what decisions you can make to improve it.

Brien Kreps 1 session
Wed Apr 29 6-8pm \$40

FITNESS & HEALTHY LIVING**Beginning Zumba**

Get your heart pumping and your face smiling as you dance your way to fitness. This is a fun interval workout with cardio and Latin inspired dance and a combination of fast and slow rhythms.

Caitlin Amy Jensen 8 sessions
Sat Jan 31-Mar 21 10-11am \$79

Yoga Therapy for Reducing Pain & Managing Stress NEW

Learn to harness the power of therapeutic yoga to feel better in both body and mind. Through practical, evidence-based techniques, find deeper comfort and awareness. Explore gentle movement, guided meditations, breath work and more. Bring a notebook and pen.

Selina Harris 8 sessions
Mon Feb 2-Mar 30 4-5pm \$74
Mon Apr 6-Jun 1 4-5pm \$74

Yin Yoga NEW

Yin is a quiet, introspective practice that uses reclined and supported poses held for 3-5 minutes. This gently targets the body's connective tissues, allowing synovial fluid to lubricate the joints, increasing range of motion and helping to release physical restrictions. No class 2/16 or 5/25.

Selina Harris 16 sessions
Mon Feb 2-Jun 1 5:30-6:30pm \$134





Photo courtesy of Yoshimi Yamamoto-Derks

Chair Yoga

Join us for gentle chair yoga designed for seniors, people with issues which prevent getting up/down from the floor and for those looking for a yoga workout without equipment. Class includes safe strengthening, flexibility techniques, ideas for short yoga breaks for those sitting at a desk all day and breathing tips to increase your endurance and focus.

Linda Miller	6 sessions
Tue Feb 3-Mar 10	9:30-10:30am
Tue Mar 17-Apr 28	9:30-10:30am

SHiNE Dance Fitness

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet and is the perfect balance of cardio and toning to ensure a full-body workout.

Donna Bryant	8 sessions
Tue Feb 3-Mar 31	5:45-6:45pm

Irish Traditional Dance - see page 4.

UPLIFT™

Uplift™ is a full-body workout that combines traditional strength moves with iconic music and some booty-shaking fun to create a unique fitness experience. Classes feature engaging playlists, high energy and measurable results using a combination of free weights, bands, balance and mat work to build muscular strength and endurance.

Donna Bryant	8 sessions
Thu Feb 5-Apr 2	5:45-6:45pm

Prevention & Treatment of NEW

Common Ailments with Nutrition

Gain a clearer understanding of your digestive system and ways to prevent or address issues such as heartburn, colon cancer, diabetes and more. Explore solutions to common health concerns that are often overlooked, focusing on simple lifestyle changes rather than medications, surgery or extensive testing.

Greg Rice	5 sessions
Thu Feb 19-Mar 19	1-2:30pm

Basic Massage

Learn the science and art of basic massage from a professional massage therapist with 50 years of experience. Learn to give and receive relaxing massages to the head, neck, arms, hands, feet, legs and back. Class attendance is important, as skills and information build on each session.

Bill Hunger	7 sessions
Wed Feb 25-Apr 15	7-9pm

Beginning Handstand Workshop NEW

Learn how to develop a strong, safe handstand. Class includes essential techniques including alignment, balance and strength development through guided drills and progressive practice.

Eric Harry	1 session
Wed Mar 11	6-8pm
Wed Apr 8	6-8pm

Harmony Within: Mindfulness & Meditation for Inner Peace

Discover the power of mindfulness, creating a foundation for living with greater intention and peace in the present moment. Learn to develop skills to manage stress, enhance clarity of mind and promote overall well-being.

Silvi Winthrop	4 sessions
Tue Apr 7-28	5-6pm
Wed Apr 8-29	11am-12pm

Running & Moving Efficiency Workshop NEW

Learn running biomechanics and the tensegrity model to minimize injuries, improve efficiency and bring more joy to your runs. Work with video analysis to optimize form, refine technique and improve performance.

Eric Harry	1 session
Sat May 16	8am-12pm
Sat May 30	8am-12pm

Women's Self-Defense - see page 17.

FOOD & BEVERAGE

ServSafe® Food Safety for Managers Training & Certification Program

Learn what you need to know to pass the ServSafe Food Protection Manager Certification. The exam is part of the class.

Flathead City-County Health Dept Staff

1 session

Thu Jan 14	8:30am-5pm	\$95
Thu Feb 19	8:30am-5pm	\$95
Thu Mar 19	8:30am-5pm	\$95
Tue May 5	8:30am-5pm	\$95
Thu Jun 25	8:30am-5pm	\$95

Thank you to McDonald's and the Flathead City-County Health Department for their sponsorship to keep the cost of this course low.

ServSafe® Food Safety Exam Proctoring

Visit fvcc.edu/testingcenter to schedule an appointment to take the exam. Questions? Email proctor@fvcc.edu

Japanese Traditional Cuisine:

Ramen & Chashu

Learn to make delicious ramen, a Japanese staple, consisting of a meaty broth, noodles (Chuka-men) and several toppings. Also make ramen's most popular topping, "Chashu," a pork belly braised in a sweet and savory soy sauce base and ramen eggs.

Yoshimi Yamamoto-Derks	1 session
Wed Feb 4	5:30-8:30pm

Cake Decorating

Learn to bake and frost cakes and cupcakes like a pro. Make a cake from scratch, whip up delicious frosting and fillings, and master simple yet stunning decorating techniques. Impress yourself (and others!) with your amazing creations.

Jane Dalton	3 sessions
Thu Feb 5-19	6-9pm
Thu Mar 5-19	6-9pm
Thu Apr 9-23	6-9pm

Register online today!

fvcc.edu/ContinuingEducation

Soups, Stews & Chowders

Warm up the cold weather seasons with everyone's favorite one-pot comfort food. Learn to make a variety of healthy and economical soups perfect for dinners of any size. Bring an apron and your appetite to this fun, hands-on class.

Emy Amy 1 session
Sat Feb 21 10am-1pm \$64

Japanese Traditional Cuisine: Oyako-don & Miso Soup

Learn how to make a rice bowl with chicken, egg and sliced onion in seasoned broth.

Yoshimi Yamamoto-Derks 1 session
Tue Feb 24 5:30-8:30pm \$69

Fun & Artistic Character Bento Box NEW

Discover the Japanese art of character bento, or kyaraben, which transforms everyday lunchboxes into playful characters and seasonal motifs. Practice shaping rice, arranging colorful vegetables and using simple ingredients to create fun, delicious bentos. Explore the Japanese aesthetics and traditions that inspire this creative approach to food.

Yoshimi Yamamoto-Derks 1 session
Tue Mar 3 5:30-8:30pm \$64

Sausage Making

Appreciate the satisfaction that comes from making homemade sausages. In this hands-on class, learn to make a breakfast-style sausage and then take home samples.

Emy Amy 1 session
Sat Mar 8 10am-1:30pm \$79

Pies: Sweet & Savory

Making your own pies from scratch is both rewarding and delicious. In this hands-on class, learn tips and tricks to make pie crust and filling.

Emy Amy 1 session
Sat Mar 14 10am-2:30pm \$69
Sat May 16 10am-2:30pm \$69

Basic Bread Making

Learn to bake fresh, homemade bread even with a busy schedule. Discover simple tips and techniques for creating a variety of favorites including classic loaves, cinnamon rolls, two types of biscuits, English muffins and hand pies.

Emy Amy 1 session
Sat Mar 21 10am-1:30pm \$64
Sat Apr 25 10am-1:30pm \$64

Simple Butter & Cheese

Learn to make creamy hand-churned butter and fresh mozzarella cheese. Become familiar with the history and equipment used as you step back in time to learn the old skills of the trade. With new twists to accommodate today's busy lifestyle, add these delicious homemade staples to your kitchen.

Emy Amy 1 session
Sat Apr 11 10am-1:30pm \$64

What's For Dinner

Make delicious comfort foods from everyday items found in your pantry. Whether it's a main dish, side, soup, salad or dessert, you will be amazed at what you can create without a grocery run. Bring your apron and your appetite to this fun, hands-on class.

Emy Amy 1 session
Sat Apr 18 10am-1:30pm \$64

Japanese Traditional Cuisine: Advanced Sushi Roll & Miso Soup

Take your sushi making skills to the next level and learn two different techniques: traditional rolled with seaweed and "California roll" or "uramaki" (rice on outside of roll). Japanese rolled omelet, homemade miso soup and sushi rice will complete this meal.

Yoshimi Yamamoto-Derks 1 session
Wed Apr 29 5:30-8:30pm \$69

Basics of Home Canning

Stock your pantry with home-canned foods after you learn the practical water bath method. Good for most fruits, jam, salsa and pickles. Learn tips and techniques for canning your garden tomatoes.

Emy Amy 1 session
Sat May 2 10am-2pm \$69

Preserving Jams & Jellies

Learn basic techniques to can and preserve jams and jellies. These jewel-toned beauties not only make wonderful homemade treats for your family but also make tasty gifts. Basic canning knowledge is helpful.

Emy Amy 1 session
Sat May 9 10am-2pm \$69



**Register
online
today!**

Wine Workshops

All wine workshops are presented by Raymond Dickinson, owner of Brix Bottleshop. **Must be 21 or older to attend. All workshops are 1 session and meet on Wednesdays, 6-8pm.**



Jan 21	Wine 101	\$74
Jan 28 NEW	Exploration of Merlot	\$74
Feb 4	Exploration of Paso Robles, CA	\$74
Feb 11	Exploration of Grenache	\$74
Feb 25	Understanding Blind Tasting & Evaluation	\$74
Mar 4 NEW	Exploration of Zinfandel	\$74
Mar 11	Exploration of Tuscany, IT	\$74
Mar 25	Exploration of Cabernet Sauvignon	\$74
Apr 1	Exploration of Syrah	\$74
Apr 8	South America Comparison, Chile vs Argentina	\$74
Apr 22 NEW	Exploration of Sancerre	\$74
May 6	Exploration of Austria	\$74
May 13	Exploration of Rosé & Orange Wines	\$74



HEALTH CARE & EMERGENCY MEDICINE

Advanced Emergency Medical Technician (A-EMT)

Train to provide basic and limited advanced emergency medical care and transport for critical patients, serving as a conduit between the scene of an emergency and the health care system. Upon course completion, take the National Registry of Advanced Emergency Medical Technicians certification exams. Prerequisites: A valid NREMT certification or current Montana EMT license; a minimum of 6-month full- or part-time experience working or volunteering for a fire- or EMS-based system. Fee includes software access and supplies. No class 3/26.

Amanda Horelick, Kyle Krebs 19 sessions
Thu Jan 22-Jun 4 10am-12:30pm
Full-Time EMT: \$1,500, Part-Time EMT: \$825

Heartsaver Total (CPR, AED & First Aid)

This course from the American Heart Association is designed for anyone with little or no medical training and wants to prepare to act in an emergency at work or home. Learn CPR skills for adults, children and infants. Receive a completion card after finishing the first aid and/or CPR training.

Racheal Vargas 1 session
Thu Feb 5 9am-2pm \$84
Wed Mar 4 9am-2pm \$84
Tue Apr 7 9am-2pm \$84
Wed May 20 9am-2pm \$84

Basic Wilderness First Aid for Women

Learn to understand and avoid wilderness hazards and provide emergency care in the wilderness. For an additional \$30 fee, obtain NASAR certification by completing the required forms at the end of class for submission by the instructor.

Racheal Vargas 1 session
Fri Feb 6 9am-5:30pm \$99

Basic Life Support (BLS) for Health Care Providers

The American Heart Association's Basic Life Support course reflects new science from the 2020 AHA Guidelines Update for CPR and Emergency Cardiovascular Care. This video-based, instructor-led course teaches single rescuer and team basic life support skills for application in both in-facility and pre-hospital settings.

Racheal Vargas	1 session
Wed Feb 11 9am-12pm	\$64
Tue Apr 7 2:30-5:30pm	\$64
Tue May 19 1-4pm	\$64

Health Care Refresher Courses

These instructor-led sessions provide hands-on skills practice, team scenarios and skills testing. Before attending, you must complete AHA's online prerequisite via HeartCode, including the course exam, and present proof of current or expired certification along with your completion certificate. Find additional details for each course online.

**Amanda Horelick (M.Ed.,BS, NR-P),
 Kyle Krebs (MA, BS, NR-P)**

Basic Life Support (BLS) Health Care Provider Refresher 10am-2pm

Advanced Cardiac Life Support (ACLS) Refresher 1-3pm

Pediatric Advanced Life Support (PALS) Refresher 3:30-5:30pm

One session each offered Feb 18, Mar 18 & Apr 15 \$150 each

Family & Friends CPR

Learn to perform CPR and save lives. This class is designed for family members, grandparents or anyone wishing to learn the basics of CPR and choking hazard/danger/skills or have a quick refresher. Taught by a Certified American Heart Association Instructor.

Racheal Vargas	1 session
Thu Mar 5 10am-1pm	\$39

Stop the Bleed

Learn to apply a basic wound dressing, pack a deep laceration, apply a chest seal, apply a tourniquet and conduct a basic injury assessment. Stop the Bleed encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. Includes certification.

Racheal Vargas 1 session
Thu Mar 5 1:30-2:45pm \$34

Certified Clinical Medical Assistant (CCMA Noncredit)

If you are currently employed in health care, advance your clinical skills and knowledge to prepare for the Certified Clinical Medical Assistant (CCMA) exam through the National HealthCareer Association (NHA). The self-paced online curriculum includes up to 20 hours of live remote coaching and support. Students have up to 12 months to complete the program, but may complete it in as few as 6 months as long as the participating employer provides appropriate skills labs training. All hands-on training and simulations required by the employer are to be provided by the employer on site. **For more information, contact Hannah Kimmel, Program Director at 406.756.4582 or hkimmel@fvcc.edu**

HISTORY & GLOBAL AFFAIRS

The Thin Veil: Irish Mythology, Medicine & Traditional Religion NEW

Zeus, Thor and Atlantis may dominate pop culture, but the myths of ancient Ireland are just as exciting, heroic and delightfully strange. Explore a world where men turn into salmon, wisdom comes from a thumb and pregnant women outrun racehorses. See how Irish myth and Christianity shaped one another, and learn ways to bring these ancient stories into everyday life.

Jon Hatch 6 sessions
Tue Feb 3-Mar 10 6-8pm \$99

Freedom of Expression: The First Amendment From the Colonial Village Green to Cyberspace

Join an open discussion on the First Amendment, exploring its origins, the colonial experience of repression by the British Crown and why the First Congress amended the US Constitution to ensure freedom of expression.

James V. O'Connor 3 sessions
Thu Feb 12-26 6:15-8:15pm \$54

Musical Theatre History NEW

Explore the history of musical theatre from its early roots in operetta and vaudeville to today's Broadway blockbusters. Study iconic shows, influential artists and major movements to see how the art form reflects cultural and social change. Uncover the contributions of composers, lyricists and performers who have shaped musical theatre into what it is today.

Sydney Fabregas 8 sessions
Tue Feb 17-Apr 7 6-8:30pm \$169

China: The Decade of Concern

Explore the critical "Decade of Concern" for China as it faces increasing resistance from the US and its allies. Class examines China's strategic goals, including surpassing the US economically and technologically, as well as its ambitions regarding Taiwan. Analyze how both countries are navigating this pivotal period and what it means for global power dynamics.

Peter Strasser 1 session
Thu Mar 12 4-6pm \$34

Living Together Well: An Introduction to Conflict Resolution

From friends to families to foreign countries, conflicts seem easy to start but complicated to resolve. Using examples from around the world, explores how conflicts begin, what sustains them and the process of resolving them, as well as what resources coexist in the aftermath.

Jon Hatch 6 sessions
Wed Mar 18-Apr 29 6-8pm \$99

Prosecuting Drug & Gun Gangs: NEW An Insider's View

A web of criminal alliances stretching from drug cartels in Mexico to neighborhood gangs in US cities has fueled a nationwide public safety crisis. Join a former federal prosecutor to examine the criminal links in the cycle of violence and drug usage, and explain how cases are successfully prosecuted.

Peter Strasser 1 session
Thu Apr 16 4-6pm \$34

Introductory Topics in Chinese Culture

Explore the depth and beauty of Chinese culture through lectures, media and activities. Learn about rich traditions such as poetry, opera, folk songs, cuisine, martial arts, calligraphy and painting as well as basic language pronunciation.

Yuyu Wang 4 sessions
Wed May 6-27 6-8:30pm \$99

LANGUAGE

American Sign Language I

Explore the world of speaking with your hands. Course includes receptive and expressive fingerspelling, sign vocabulary, ASL structure, conversational behavior and various aspects of the Deaf culture. Required textbook: "Talking With Your Hands, Listening With Your Eyes" by Gabriel Grayson. OPI Renewal Units available.

Katie Halling 12 sessions
Tue Feb 3-Apr 28 6:30-8:30pm \$169

Spanish for Beginners

Designed for learners with little to no Spanish experience, this class introduces basic phrases especially useful for upcoming travel. Students with some previous Spanish skills they would like to build upon are welcome.

Heidi Keaster-Blaize 6 sessions
Thu Feb 5-Mar 12 5:45-7:30pm \$89

Introduction to Portuguese NEW Language & Culture

Get an accelerated introduction to the language and culture of the Portuguese-speaking world, with a focus on Brazilian Portuguese. Learn basic conversational skills while exploring the food, art, music, film and customs of these cultures. Ideal for travelers or anyone wishing to connect with Portuguese speakers.

Barbara Morgan 6 sessions
Mon/Wed Mar 2-18 6-8pm \$94

Japanese Language & Culture: Beginner

Learn the Japanese alphabets, practical words and phrases for communicating in Japanese. Gain an understanding of the culture, customs and etiquette as well as helpful phrases for traveling in Japan. Enjoy Japanese food and create Japanese traditional arts.

Yoshimi Yamamoto-Derks 6 sessions
Wed Mar 4-Apr 15 6-8pm \$109

Japanese Language & Culture: Advanced Beginner II

For those who already know Hiragana, Katakana and basic Japanese phrases, expand your verb usage and vocabulary. Strengthen speaking, listening and reading skills to communicate more comfortably for travel in Japan. Class incorporates tasting Japanese food, making origami and cooking Japanese dishes in the final session. Required textbook: "Nihongo Fun & Easy 2nd Edition." Last class meets 6-8:30pm.

Yoshimi Yamamoto-Derks 6 sessions
Mon Mar 9-Apr 20 6-8pm \$109

Beginning Portuguese for Travelers NEW

Build basic skills and essential cultural knowledge to enhance your travel experience in Portugal. Learn pronunciation, key vocabulary and simple grammar while practicing practical speaking situations such as meeting people, shopping, dining out, asking for directions and locating necessities.

Barbara Morgan 2 sessions
Mon/Wed Mar 30-Apr 1 6-9pm \$59

Introduction to Chinese Language & Culture

Begin with the fundamental sounds of Chinese pronunciation using the pinyin system, then build your skills with characters, words and everyday expressions. Along the way, discover Chinese history, geography and culture through engaging stories, food, art and music.

Yuyu Wang 16 sessions
Mon/Thu Apr 13-Jun 8 6-8pm \$219

ONLINE COURSES

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online
today!

LEADERSHIP

JUMP START for Supervisors and Managers

Tue/Thu Apr 7-May 7 10am-12pm \$299 Instructor: Allison McCarthy

Transition to Supervising (Tue Apr 7)

Lay the groundwork for supervisory success by exploring different management styles, setting appropriate expectations and learning four habits that make a great boss.

Communication Tools (Tue Apr 14)

Learn how processing styles impact communication, practice listening and asking questions effectively, and understand the keys to talking like a performance coach.

Keys to Conflict Management (Thu Apr 16)

Discuss key elements of conflict resolution and consider multiple techniques for guiding contentious situations to positive outcomes.

Culture of Accountability (Tue Apr 21)

Lead with accountability to clarify goals, establish expectations, build confidence and achieve your desired results.

Performance Coaching (Thu Apr 23)

Provide faster and more positive feedback to enhance employee skills and help them meet performance goals while finding their work rewarding.

Time Management (Tue Apr 28)

Focus on strategies to maximize your work time to feel productive and reduce stress including the art of delegation and recognizing time drains.

"Be the leader you wish you had."
– Simon Sinek, author, speaker and CEO of The Optimism Company

Taking Charge of Change (Thu Apr 30)

By understanding typical human reactions to change, reduce misunderstandings and anxiety, help employees accept changes more quickly and minimize decreased productivity.

Creating Strong Teams (Tue May 5)

Focus on steps that help the members of your team connect with each other and work more productively together.

Developing a Leadership Mindset (Thu May 7)

Broaden your perspective on how to create strategy, keep yourself sharp and visualize a profitable future for your organization.



Allison McCarthy brings a powerful combination of high energy and practical tools with overwhelmingly rave reviews, both through her business and as an FVCC

Continuing Education instructor. Allison began her career working for several large corporations in a variety of leadership positions. Since 1995, she has been running her own management and computer training business, having instructed thousands on technical computer, interpersonal and management skills.

Courageous Leadership: Be the Leader You're Meant to Be

Discover the experiences and attributes of our most transformative leaders, trailblazers and game changers. Learn how to turn the principles of courageous leadership into practice with actionable tools, tips and tactics to help you inspire others, overcome setbacks and build high performing teams.

Phil Quigley 1 session
Thu Apr 30 9-11am \$40

Register online today!

fvcc.edu/ContinuingEducation

MUSIC

Private Music Instruction (Ages 6+)

Learn from professional instructors as you build your skills and confidence to prepare for college-level music programs, ensembles and orchestras. Musicians of all ages and levels develop their technique and talent during individual music instruction. Lesson dates and times arranged with the instructor.

13 weeks (Feb 9-May 15)

Griffin Browne: Cello

Leo Chen: Violin

Wai Mizutani: Cello, Piano, Viola, Violin

Rebecca Tseng: Flute, Piano, Violin

Call 406.756.3832 or visit fvcc.edu/ContinuingEducation to learn more.

Women Composers

Discover prominent women composers of each musical era along with sociological and cultural factors that shaped their lifestyles and the music they created.

Misty Koyuncu

4 sessions

Wed Feb 4-25 6-8pm

\$74

Beginning Ukulele: Chords

Learn to play fun, familiar songs using chords, strums and music theory. Bring your own soprano, concert or tenor ukulele. For ages 16 and up. Booklet provided.

Dee Fleming

6 sessions

Mon Feb 23-Mar 30 6:30-8pm \$84

Beginning Guitar: Basic Chords

Learn basic chords, various types of strums, music theory and proper playing position on the guitar using fun, familiar melodies. For ages 16 and up. Bring your own guitar. Booklet provided.

Dee Fleming

6 sessions

Tue Feb 17-Mar 31 6:30-8pm \$84

Intermediate Guitar

Learn intermediate chords and strums, fingerpicking, scales, riffs and music theory. Bring your own guitar. Prerequisite: Beginning Guitar II or must be able to play at least 15 chords. Booklet provided.

Dee Fleming

6 sessions

Wed Feb 18-Apr 1 6:30-8pm \$84

Beginning Piano I

Learn to play fun songs using note reading skills, music theory, scales, rhythm basics and chords with both hands. Keyboard provided.

Dee Fleming

6 sessions

Thu Feb 19-Apr 2 4-5:30pm \$84

Mentorship Matters: Building a Culture of Growth & Guidance

Discover the tools to establish a thriving mentoring culture that drives employee engagement, growth and retention. Learn the fundamentals of effective mentorship including goal setting, role clarity and mentor/mentee matching. Understand the practical steps for introducing a program from securing leadership buy-in to creating communication plans and ongoing support.

Phil Quigley 1 session
Thu May 7 9-11am \$40

Leadership & the Art of Growing Up -
see page 17.



Global Rhythms

Explore the diverse sounds, instruments and traditions of world cultures. From the rhythms of West Africa to the meditative ragas of India, experience how music reflects the identity, history and spirit of people across continents. No musical experience required.

Misty Koyuncu 6 sessions
Wed Mar 11-May 22 6-8pm \$94

Beginning Ukulele: Basic Note Reading

Learn how to play simple melodies as well as chords, techniques and strums. Bring your own soprano, concert or tenor ukulele. Booklet provided.

Dee Fleming 6 sessions
Mon Apr 6-May 11 6:30-8pm \$84

Beginning Guitar II: Chords

Learn more advanced chords, various types of strums and playing techniques, simple scales and music theory. Bring your own guitar. Booklet provided.

Dee Fleming 6 sessions
Tue Apr 7-May 12 6:30-8pm \$84

Beginning Piano II

Learn advanced note reading skills, scales, music theory and rhythm basics using familiar songs. Cover note and chord reading for both hands, counting and improvisation skills. Keyboard provided. Prerequisite: Beginning Piano I or instructor approval.

Dee Fleming 6 sessions
Thu Apr 9-May 14 4-5:30pm \$94

NATURE

Winter Twig Identification

Learn to identify deciduous trees and shrubs in winter by their twigs and buds through subtle but definitive characteristics. Class includes an illustrated lecture followed by a walk in the woods to collect twig specimens, and then classroom time to practice using an identification guide.

Ellen Horowitz 1 session
Wed Feb 4 9:30am-12:30pm \$39

Tree Identification Made Easy

Learn to recognize the native trees growing on mountain slopes, along rivers and in your own backyard. Class includes a pre-field trip Zoom presentation. Walking will be at an easy pace on uneven surfaces with a total distance of less than two miles. A field guide to Rocky Mountain trees, hand lens and notebook are optional.

Ellen Horowitz 1 session
Wed Apr 15 9am-2pm \$49
Thu Apr 23 9am-2pm \$49

Introduction to Forest Bathing (shinrin-yoku)

Forest bathing, also known as shinrin-yoku and forest therapy, offers a way of experiencing nature for health and well-being with positive physiological and psychological benefits. Slow down and focus your senses on the natural world to help address daily stresses. Learn how to tap into this simple yet powerful practice so you can do it anytime and anywhere.

Ellen Horowitz 1 session
Wed May 6 6-8:30pm \$34
Wed May 20 6-8:30pm \$34

Enhanced Nature Connection NEW Through Forest Bathing

Research shows that time in nature supports our health, and Forest Bathing deepens that connection. This practice encourages slowing down, engaging the senses and becoming more aware of the forest environment while fostering a more mindful, reciprocal relationship with it.

Ellen Horowitz 3 sessions
Thu May 14-28 6:30-8:30pm \$54

Wildflower Identification Basics

Learn the non-technical approach to flower identification for a fun and efficient way to begin learning about plants. Class includes a pre-field trip Zoom presentation. Walking will be at an easy pace with a total distance of about two miles. A field guide to Rocky Mountain wildflowers, hand lens and notebook are optional.

Ellen Horowitz 1 session
Wed May 20 9am-12:30pm \$44
Wed May 27 9am-12:30pm \$44

Nature Journaling - see page 6.

Outdoor & Nature Photography - see page 18.

NONPROFIT DEVELOPMENT

I'm Expected to Fundraise—Help!

Board members are often expected to fundraise, yet asking for donations may be outside their comfort zone. This course outlines the role of Board members in fund development, discusses effective Board governance and gives practical ways to help your 501(c) (3) nonprofit succeed and raise more funds.

Chany Ockert, Certified Fundraising Exec (CFRE) 2 sessions
Tue Mar 10-17 5:30-7:30pm \$70

Nonprofit Board Leadership: Structuring for Successful Governance

Effective boards rely on volunteers who work together to build culture, policies and practices that keep an organization healthy. Learn how to help a board stay focused on governance and legal duties, and explore practical approaches to recruitment, onboarding, meetings, delegation and accountability. Recommended prerequisite: "Tune Up for Board Governance" hosted by Whitefish Community Foundation on 1/22/26 - sign up at whitefishcommunityfoundation.org/nonprofit-trainings.

Ned Cooney 2 sessions
Wed Apr 8-15 6-8:30pm \$84

FVCC offers team training for your business, from technical skills to leadership development.

Call 406.756.3833
fvcc.edu/business-industry
jsmith@fvcc.edu



Photo Credit: Austin Seback, courtesy of Flathead Avalanche



Photo Credit: Andrew Bassett, courtesy of Glacier Nordic Center

Grantwriting & AI: Smarter Grant Writing for Rural Nonprofits Series

Designed to be accessible, empowering and sustainable, each session builds directly on the previous one, creating a clear pathway from curiosity to capability.

Instructor: Zen Parry **\$40 each**

Getting Started with AI & Grants (Zoom Option)

Gain a working vocabulary for AI, understand what it can and cannot do, and leave with examples of accessible tools suitable for small nonprofits.

Thu Mar 5 3:30-5pm

Building Strong Foundations: From Ideas to Fundable Concepts (Zoom Option)

Transform raw ideas into structured project summaries that align with funder expectations.

Thu Mar 19 3:30-5pm

Writing Grant Sections with AI (Zoom Option)

Leave with a partial draft of grant sections, ready for further refinement.

Thu Apr 9 3:30-5pm

Aligning with Funders & Strengthening Proposals (Zoom Option)

Produce a cohesive, funder-aligned proposal draft.

Thu Apr 23 3:30-5pm

Completing & Submitting a Full Grant Proposal with AI Support (Zoom Option)

Complete a full draft of a grant proposal that reflects your organization's voice and mission, supported by AI tools you can confidently continue using.

Thu May 7 3:30-5pm

OUTDOOR RECREATION

Introduction to Avalanches

Get hands-on experience in the snow while learning essential concepts and practices for traveling in avalanche-prone terrain. Course includes an evening classroom session and an eight-hour weekend field day, for a total of 11 hours of focused instruction time.

Flathead Avalanche 2 sessions each

Human Powered Introduction to Avalanches

Thu Jan 15	6-9pm and	
Sat Jan 17	8:30am-4pm	\$120
Thu Feb 26	6-9pm and	
Sat Feb 28	8:30am-4pm	\$120

Ladies Human Powered Introduction to Avalanches

Thu Jan 26	6-9pm	
Sat Jan 31	8:30am-4pm	\$120

Motorized Introduction to Avalanches

Thu Jan 22	6-9pm and	
Sat Jan 24	8:30am-4pm	\$120

Human Powered Rescue Clinic

Be confident in your ability to rescue your backcountry partners in the event of an avalanche. Refresh essential skills through outdoor instruction and hands-on practice. Rotate through stations for beacon, shovel and probe training, then put your skills to the test in a mock companion rescue.

Flathead Avalanche 1 session
Sat Jan 24 8:30am-4pm \$75



**Register
online
today!**

Motorized Level I Avalanche Course

Develop essential skills for snowmobiling in avalanche terrain including trip planning, hazard management, group communication, rescue skills and terrain choice. Designed specifically for motorized users, learn riding skills from local professionals. Scholarships available through the Flathead Snowmobile Association.

Flathead Avalanche 4 sessions
Mon/Wed Jan 26-28 6-9pm and
Sat/Sun Jan 31-Feb 1 8:30am-4pm \$450

Motorized Level II Avalanche Course

Designed for motorized users with at least a year of backcountry experience since taking Level I, advance your decision-making and avalanche hazard management skills with more field time and deeper study. Practice snowpack evaluation, terrain assessment, field observations and group communication, with added riding guidance from local professionals. Visit Flathead Snowmobile Association for scholarship details.

Flathead Avalanche 5 sessions
Mon/Wed Feb 9-11 6-9pm and
Fri/Sat/Sun Feb 13-15 8:30am-4pm \$550

Human Powered Rescue REFRESH Clinic

Designed for those who have previously completed an avalanche course and a rescue clinic, this refresher is not intended for beginners. Be confident in your ability to rescue backcountry partners in an avalanche and reinforce techniques that are important to practice every winter.

Flathead Avalanche 1 session
Sat Feb 21 8:30am-4pm \$75

Cross-Country Skiing: Beginner Classic

Learn the basics of classic skiing on the groomed trails of the Glacier Nordic Center.

Glacier Nordic Center 1 session
Sun Feb 15 10am-12:30pm \$60



Photo courtesy of Great Northern Whitewater Raft & Resort

Cross Country Skiing: Beginner Skate

Build on fundamentals and fitness gained from classic skiing, ice skating or alpine skiing to get started in skate skiing.

Glacier Nordic Center 1 session
Sun Feb 15 1:30-4pm \$60

Swiftwater Rescue

Learn and practice accident prevention and rescue techniques. Develop skills for river emergencies. This course is designed for private boaters as well as professional river guides.

Great Northern Whitewater Rafting 2 sessions
Sat/Sun Apr 18-19 9am-5pm \$345
Sat/Sun Apr 25-26 9am-5pm \$345

Horse Packing & Wild-Land Camping

Learn horse packing and backcountry camping skills using traditional manties and modern equipment in this hands-on class. Individual equipment for practice and diagram booklet provided. The Back Country Horsemen of the Flathead offer \$50 scholarships for those who attend all sessions, and attendance is important as each class builds on the last.

Greg Schatz 2 sessions
Sat/Sun Apr 25-26 9am-4:30pm \$149

Fly Casting Techniques

Explore the fine points of basic casting from a Fly Fishing Federation-certified instructor. The grip, wrist stop and loop control are included.

Jerry Smalley 1 session
Tue May 5 6:30-8:30pm \$34
Thu May 7 6:30-8:30pm \$34

Running & Moving Efficiency Workshop -
see page 10.**Basic Wilderness First Aid for Women** -
see page 12.**Forest Bathing and Enhanced Nature
Connection Through Forest Bathing** -
see page 15.**Introduction to Outdoor & Nature
Photography** - see page 18.**PERSONAL ENRICHMENT****GAMES****Beginning Bridge I**

Learn to play bridge for the first time. If you have played party bridge before, learn duplicate bridge and to improve your bidding and playing.

Cathy Barbouletos 8 sessions
Tue/Thu Feb 3-26 4-6pm \$129
Tue/Thu Mar 7-30 4-6pm \$129

Two Over One "2/1" Bridge

When you have mastered Standard American Bridge (Beginning Bridge I, II and III), then move to a more precise bidding system. Class meets at Flathead Valley Bridge Center.

Cathy Barbouletos 8 sessions
Wed Feb 4-Mar 3 10am-12pm \$129
Wed Apr 8-May 27 10am-12pm \$129

Beginning Bridge II

Improve your bidding, playing and defensive skills to play bridge with confidence. Class meets at Flathead Valley Bridge Center.

Cathy Barbouletos 8 sessions
Sat Feb 7-Mar 28 10am-12pm \$129
Tue/Thu May 5-28 4-6pm \$129

Beginning Bridge III

You've learned all the basics, now learn a few of the conventions to complete a successful game.

Cathy Barbouletos 8 sessions
Tue/Thu Mar 3-26 4-6pm \$129
Sat Apr 11-May 29 10am-12pm \$129

Learn to Play Mah-Jongg NEW

Discover the American version of the traditional Chinese game of Mah Jongg. Learn game objectives, how to use the cards and tiles, and the key mechanics and strategies of play. By the end, you'll be ready to join a Mah Jongg group or start one of your own. No partner required.

**Suzanne Booker, Annie Alex,
Cheri Walker** 6 sessions
Sat Apr 18-May 23 10am-1pm \$129

Evolve: A Vision Board Creation NEW
for 2026

Evolve is a heart-centered workshop that helps you align with your authentic goals and intentions for the year ahead. Through mindful reflection and creative expression, craft a visual roadmap that inspires growth, clarity and purposeful action. Step into your next chapter with confidence and renewed intention.

Silvi Winthrop 1 session
Thu Jan 22 4:30-6pm \$29

Women's Self-Defense

Learn basic self-defense techniques to help you stay safe. Class features guest instructor representing the Kalispell Police Department. Wear comfortable clothing and be prepared for hands-on exercises.

Dudley Marburger, Bonnie Bushman
6 sessions
Tue Feb 2-Mar 10 5:30-7pm \$79

Leadership & the Art of Growing Up NEW

Learn what it means to lead yourself by examining the roots of your patterns and beliefs, confronting inner obstacles and building greater self-awareness and resilience. This inner work supports more authentic leadership and healthier organizations.

Eric Harry 1 session
Wed Feb 18 6-8pm \$34

StrengthsFinder Workshop

Join millions of people discovering how to thrive at work and in life. This hands-on CliftonStrengths workshop helps unlock your unique talents for a more rewarding career, stronger relationships and personal growth. A CliftonStrengths assessment and customized report is required for an additional \$24.99. Web link provided after registration.

Paul Genovese 1 session
Wed Mar 18 1-3pm \$40

Got Roots? Build Your Family Tree NEW
with FamilySearch

Build and expand your family tree using FamilySearch. Navigate key features, discover ancestors, update information and attach recognized sources and vital records. Add photos, documents, audio and stories to bring your ancestors to life. Also explore the FamilySearch app and other helpful genealogy websites.

Shirley Rogers 6 sessions
Wed Apr 1-May 6 1-3pm \$89

Register online today!

fvcc.edu/ContinuingEducation

Achieving Change NEW

Chart a clear, personalized roadmap for navigating life's transitions. Uncover your core values, align behaviors, set meaningful goals and overcome barriers across professional, creative and personal pursuits. Leave with a practical action plan for moving toward your goals.

Eddie Visnovske 4 sessions
Tue Mar 31-Apr 21 6-8pm \$74

Mental Models for Work & Life NEW

No system can prepare us for every risk, as chance always adds unpredictability. Yet drawing on a set of timeless mental models helps reveal the forces at play, leading to clearer decisions and fewer mistakes.

Eric Harry 1 session
Tue Apr 28 6-8pm \$34

PHOTOGRAPHY**Digital Cameras: Get Off Auto**

Understand what your different camera settings do and when to use them. Bring your own digital camera with your instruction CD or manual, charged battery and memory card.

Marita Combs 1 session
Thu Feb 19 1-5pm \$65
Thu Apr 23 1-5pm \$65
Sat Apr 4 1-5pm Eureka \$65

Resizing Images for Print & Web

Learn how to print high-quality pieces, optimize images for the web and apply key technical basics that save time and improve results when using Photoshop, Lightroom, Photoshop Elements or WordPress. Recommended with WordPress: Easy Website Design.

Marita Combs 1 session
Thu Feb 19 6-7:30pm \$39

Introduction to Outdoor & Nature Photography at Triple D Wildlife

Learn photography fundamentals from award-winning wildlife photographer Nick Fucci. Explore camera functions, exposure, depth of field, composition, lighting, photography ethics and much more. Course includes six classroom sessions, one field session on 4/25, weekly image critiques and tips for choosing camera gear without breaking the bank.

Nick Fucci 7 sessions
Mar 24-Apr 28 6:30-8:30pm \$450

Adobe Photoshop Elements

Photoshop Elements is a great tool for users on a budget or professionals who don't have complex editing demands. Learn basic tools to enhance and manipulate photos. Taught on the Creative Cloud (CC) subscription-based online version, but content is applicable with versions 12-14. Campus computer and images provided.

Marita Combs 1 session
Fri Mar 27 1-5pm \$65

Adobe Lightroom

Learn how to import pictures into Adobe Lightroom and Adobe Lightroom Classic, and how these products help you organize, edit, print, post and share your photos. Basic knowledge of a camera including how to export your photos is required. Bring some of your photos on a USB drive or SD card, or bring your camera and a USB cable.

Shannon Hanson 2 sessions
Thu May 14 & 21 6-8pm \$70



**Register
online
today!**

PROJECT MANAGEMENT**Project Planning & Estimating** (Zoom Only)

Effective project management begins with solid planning. Define project scope, break work into a clear Work Breakdown Structure and improve the accuracy of time and cost estimates. Practice project decomposition and estimating techniques to understand the essential planning steps that set a project up for success.

Ashleigh Clark 1 session
Mon Jan 26 8am-12pm \$125

Project Management for Non-Project Managers (Zoom Only)

Discover the essentials of project management, ideal for beginners or anyone curious about the field. Learn what a project manager does, how to adjust when projects go off track and the basics of initiating, planning and closing a project. Explore the differences between Waterfall and Agile approaches to set the foundation for your project management journey.

Ashleigh Clark 1 session
Thu Feb 12 9am-4pm \$200

Streamlining Resource Management (Zoom Only)

Learn to set your team up for success by tracking assignments and planning headcount effectively. Explore strategies for managing availability, setting utilization goals and adjusting allocations. Practice assigning tasks, using placeholders and navigating timesheets. Build the strategic resource-planning skills needed to forecast headcount and ensure project success.

Ashleigh Clark 1 session
Wed Feb 25 1-3pm \$80



Photo Credit: Red Eagle Aviation

TRADES**Avoiding the "Con" in Construction NEW**

Construction projects often run over time and budget. Learn about scope of work, contractor licensing, proposals and contracts, permits and payment processes. Leave with a clearer understanding of how projects should run to move forward with more confidence and less stress.

Kia Ricchi 3 sessions
Wed Mar 4-18 6-8pm \$84

Class-A CDL 10-Hour Refresher NEW Course

Designed for individuals who hold or have previously held a CDL, review and enhance knowledge and skills for reentry into the commercial driving field or to meet compliance requirements.

Duration: 10 Hours Drive Time; ELDT Reporting
Format: Online modules and practical training
Prerequisite: Pre-employment drug screening, valid or recently expired Class-A CDL, valid DOT medical card
Cost: \$1250

Registration requires instructor consent.
Contact Gabe Dillon, FVCC Trades Institute Advisor, at 406-756-3893 or gdillon@fvcc.edu

Hazmat Endorsement

Designed for CDL trainees pursuing a Hazmat Endorsement, this training includes 12 mandatory modules covering essential topics such as hazardous materials regulations, loading/unloading procedures, emergency response, safety permits and route planning. Course fulfills the theory instruction portion of the Entry-Level Driver Training (ELDT) requirements for a Hazardous Materials (Hazmat) Endorsement. Prerequisite: a current CDL

FVCC HEO/CDL 12 modules
Online Course - Timing Varies \$150

Haas Certification: Basic Mill Operator

Designed by Haas Automation, this hands-on certification verifies your ability to safely and effectively operate a Haas CNC milling machine. The certification exam covers essential skills including safety, machine setup, material handling and basic control panel functions. The exam includes an online and practical portion to earn a Haas Certificate of Competency, nationally recognized by employers and a strong foundation for advanced CNC certifications. Once registered, contact Dave Sturgis at 406.756.4187 to get started.

Dave Sturgis 1 session
3rd Friday each month
10am-12pm or 1-3pm \$150

WRITING & LITERATURE**Critical Scenes**

Every novel relies on a handful of critical scenes that form the backbone of the story. This advanced workshop is for novelists with a substantial portion of a first draft completed. Identify the key scenes in your manuscript and submit them for critique and improvement from classmates and the instructor.

Kathy Dunnehoff 7 sessions
Tue Jan 27-Mar 10 3-5pm \$119

The Art & Power of Oral Storytelling: For Elders, Teachers & Influencers

Explore how storytelling shapes identity, culture and learning across all subjects. Discover how stories deepen understanding, strengthen community connections and support skills in reading, writing, math and more. Through guided practice, develop your ability to share personal experiences, support emotional well-being and build stronger relationships.

Denny Olson 6 sessions
Tue/Thu Feb 3-26 6-8pm \$99

Explore Creative Writing

Have you ever wanted to write creatively but wondered what to write about and how to begin? With fun and interesting prompts, supportive fellow writers and the freedom to create, you'll find getting started is easier than you thought.

Kathy Dunnehoff 6 sessions
Tue Feb 3-Mar 10 11am-1pm \$99

Poems You Should Know NEW

Explore how to read and understand poetry through analysis of works ranging from the classics to the contemporary. Learn ways to use other's poems as inspiration for your own writing. Join for a fun and inspiring journey featuring poems from Emily Dickinson, Billy Collins, Mary Oliver and many more.

Valerie Vadala Homer 7 sessions
Wed Feb 25-Apr 8 1-3:30pm \$159

Public Speaking For Storytellers

Learn to tell a personal experience story live with Flathead Story Concert coaches. Craft a 7-minute essay using a simple structure, then practice key speaking skills to make your story memorable. Share your story live (optional) on National Tell a Story Day, 4/27.

Barbara & Glenn Schiffman 3 sessions
Sat Mar 21, Apr 11 & Apr 18 10am-4pm \$149

Gaelic Literature

Learn about the fascinating world of Gaelic literature from ancient times to the modern era from an instructor who recently finished her master's in Gaelic Literature and Culture from the University College of Cork.

Jill M.L. Kanewischer 6 sessions
Tue Mar 24-Apr 26 2-4pm \$94

Creative Writing Workshop

For writers who have taken Explore Creative Writing or have had workshop experience, let's dig into your opening chapters. With feedback and revision guidance, take your writing to the next level.

Kathy Dunnehoff 6 sessions
Tue Apr 7-May 12 11am-1pm \$94

Scrivener Writing Software

Scrivener is a versatile and award-winning writing software that goes beyond basic word processing, allowing you to organize your work, manage research notes and output your writing in various formats. Install a free 14-day trial available through the publisher Literature & Latte to coincide with class so you can practice at home between sessions.

Shannon Hanson 4 sessions
Thu Apr 16-May 7 5:30-7:30pm \$120

The Villain's Journey: How to Create Villains Readers Love to Hate NEW

Villains are antagonists but antagonists are not necessarily villains. This workshop traces steps a villain goes through in their quest for power and control. Since effective stories in all genres need conflicts provided by antagonists, whether malicious or simply oppositional, this course is appropriate for popular fiction writers, and also helpful for nonfiction and memoirists.

Debbie Burke 4 sessions
Wed May 6-27 11am-1pm \$74

YOUTH**Private Music Instruction (Ages 6+)**

Learn from professional instructors as you build your skills and confidence to prepare for college-level music programs, ensembles and orchestras. Musicians of all ages and levels develop their technique and talent during individual music instruction. Lesson dates and times arranged with the instructor.

13 Weeks (Feb 9-May 15)
Griffin Browne: Cello
Leo Chen: Violin
Wai Mizutani: Cello, Piano, Viola, Violin
Rebecca Tseng: Flute, Piano, Violin
Call 406.756.3832 or visit fvcc.edu/ContinuingEducation to learn more.

Safe Sitter Essentials With CPR (Ages 11-14)
This one-day workshop prepares you to be a safe and confident sitter. Learn to handle emergencies, choking safety, first aid, CPR and basic child development and behavior management while gaining the skills needed to care for younger siblings or babysit successfully. Bring a lunch.

Racheal Vargas 1 session
Wed Mar 25 9am-3:30pm \$74
Sat Apr 11 9am-3:30pm \$74

Small Business Development Center

Business counseling, marketing, financial projections, startup assistance and more—complimentary at over 900 SBDC centers nationwide.



- Start a New Business: Turn your business idea into reality.
- Business Finance Assistance: Understand your finances and increase your profits.
- Business Plans: Get help writing your business plan.

Schedule an appointment online at sbdc.mt.gov/kalispell or contact Rob Driscoll, Kalispell SBDC Director, at 406.609.9496 or rdriscoll@fvcc.edu.

The Montana SBDC Network offers a wide variety of training and workshops for small businesses in all phases of business development from start-ups to those looking at growth and expansion. Scan here for a list of popular trainings offered in the SBDC Network.

SBA's online learning programs are designed to empower and educate small business owners. Visit learn.sba.gov to learn more.



Adult Education

FVCC's Adult Education Program offers free prep courses year-round to help anyone ages 16 and up.



REGISTER NOW

- High School Equivalency subject tests
- GED and HiSET prep
- Career exploration
- Support for students moving toward college and the workforce

Serving residents of Flathead, Lake, Lincoln and Sanders counties. Distance learning available.

Questions? Contact us at **406.756.3884** or adulted@fvcc.edu



Registration & Policy Information

Non-Credit Registration

- Registration for non-credit classes is ongoing throughout the semester.
- Register online at fvcc.edu/ContinuingEducation.
- Early registration is encouraged, as class size is limited.
- Payment is due at the time of registration.

General Information

- All Continuing Education non-credit classes are for students age 16 years and older, unless otherwise noted.
- Seniors age 65+ qualify for \$5 class discounts, after confirmation with CE staff.
- Continuing Education classes do not qualify for financial aid.

Class Cancellations

- Classes that do not receive a minimum student enrollment may be cancelled.
- If a class cancels, you will be notified and a full refund will be processed.

Withdraw

If you are unable to attend a Continuing Education class or workshop for which you have registered, please call Continuing Education immediately to officially withdraw.

Refunds

- Cancellations received 14 calendar days prior to the start of a class or workshop will receive a full refund. Students must contact Continuing Education at 406.756.3832 or ceinfo@fvcc.edu to cancel and request the full refund.
- No refund is issued for cancellations received less than 14 calendar days prior to the start of the class or workshop.

Transfer

Requests to transfer from one class to another, made less than 14 calendar days prior to the start of the first class, may be subject to an additional fee.



BREW x BUILD



Second Wednesday of each month
8:30-10am

Gather with entrepreneurs, students and creators to talk, learn and connect. No slides or formalities, just people and good conversation.

Grab a coffee and dive into new ideas, share challenges and discover opportunities in a casual, collaborative environment. It's free and informal.

Building Connections and Community

Contact Eric Harry at eharry@fvcc.edu

Flathead Valley Community College

Continuing Education

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10
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INTO
THE
WOODS

Music and Lyrics by STEPHEN SONDHEIM
Book by JAMES LAPINE

February 5-7

April 16-18 & 23-25

Watch for tickets coming soon to fvcc.edu/theatre

INTO THE WOODS is presented through special arrangement with Music Theatre International (MTI).
All authorized performance materials are also supplied by MTI. www.mtishows.com