

Northwest Community College  
and  
School District No. 80  
(Kitimat)

# Continuing Education

**WINTER**

PLEASE  
KEEP  
THIS  
PROGRAM

**1977**





NORTHWEST COMMUNITY COLLEGE

Film Series

The film series this year has been completely revised to include films for everyone's appreciation. Register now in advance for the total series of 10 films. Film showings are on alternate Thursday evenings at M.E.S.S. at 7:00 pm beginning January 13, 1977

COST:	Complete Series	\$15.00
	Per Film - Adult	\$ 2.00
	Student	\$ 1.50
	Senior Citizen	FREE

Film Series

<u>Title</u>	<u>Date</u>
Far from the Maddening Crowd	January 13, 1977
Sleuth	January 27, 1977
Night at the Opera	February 10, 1977
Blow-Up	February 24, 1977
Zorba the Greek	March 10, 1977
Citizen Kane	March 24, 1977
Elivia Madigan	April 7, 1977
Cat Ballou	April 21, 1977
To be Announced	May 5, 1977
To be Announced	May 19, 1977

GENERAL INFORMATION

School District No. 80 - Registration

Registration:

- a) Every Evening 6:30 pm to 8:30 pm January 17 to January 20, at the Main Office at Mount Elizabeth Secondary School.
- b) By Mail: fill in the attached Registration Form accompanied by the appropriate fee.

Courses Begin:

Classes begin week of January 24, 1977 at Mount Elizabeth Secondary School from 7 - 9 pm.  
EXCEPT WHERE OTHERWISE NOTED.

Fees:

Fees are payable IN FULL at time of Registration. Fees must accompany all mailed in registrations to be valid. Fees normally only cover the cost of classroom instruction, unless otherwise noted. Old-Age Pensioners may enrol in courses Free-of-Charge, but charges for materials still apply.

Income Tax Deductibility:

RETAIN your FEE RECEIPT for your Income Tax return, receipts totalling over \$25.00 are deductible.

Refunds:

Fees are not normally subject to Refund unless a course is cancelled. The STUDENT MUST ASSUME FULL RESPONSIBILITY FOR WITHDRAWING FROM A COURSE.

PLEASE NOTE:

- a) Date of First Class.
- b) Call Instructors for course information.
- c) Where class is held.

(If your class is held somewhere other than at Mount Elizabeth School it is suggested that you register before the night of the first class.)



GENERAL INFORMATION

Northwest Community College - Registration

Registration:

- a) All Registration will be taken on the first night of class for each course, in the Room indicated. ALL FEES ARE PAYABLE IN FULL AT TIME OF REGISTRATION. ALL CLASSES BEGIN THE WEEK OF JANUARY 10, 1977.
- b) ONLY THOSE courses advertised in this brochure are open for NEW Registrants.

Admission Policy:

We have an "open-door" admission policy. You do not have to be a highschool graduate to enter college courses. Courses are designed for adults who wish to further their intellectual interests and who may have long since been out of formal schooling, as well as for recent highschool graduates. The College promotes the concept of "lifelong learning" and is sensitive to the particular educational needs of women, workers, and native people. Our instructors are aware that many students are on shift work at Alcan and Eurocan, and are prepared to be flexible in this regard. All Arts and Science courses are accredited at B.C. Universities.

Courses Begin:

Classes begin week of January 10, 1977 at Mount Elizabeth Secondary School from 7 - 10 pm EXCEPT WHERE OTHERWISE NOTED.

Fees:

\$25.50 per course per semester.

Courses are normally 2 semesters (Sept. - Dec./Jan. - April).

Scale of Withdrawal Refunds:

- a) Withdrawal within two weeks after commencement of Classes 80% Refund
- b) Withdrawal within four weeks after commencement of Classes. 50% Refund
- c) Withdrawal more than four weeks after commencement of Classes NO REFUND

Income Tax Deductibility:

RETAIN your FEE RECEIPT for your Income Tax return, receipts totalling over \$25.00 are deductible.

All listing of courses are University transferrable EXCEPT WHERE OTHERWISE NOTED. University transfer means that upon successful completion of the course you will receive academic credit.

NORTHWEST COMMUNITY COLLEGE

MONDAY:

Psychology 102 Room 131 Instructor: Marilyn Holman

This is an introductory course to acquaint you with topical areas within the realm of Psychology. Topics: current research and ideas in social psychology, mental disorders.

TUESDAY:

English 102 Room 129 Instructor: George Stanley

A study of 20th Century writing: novels, short stories, drama and poetry, and a program of student writing.

Women's Studies 102 Room 133 Instructor: Joanne Nakoneckny

This course will examine the status and role of women in Canadian Society, trace the development of sex role divisions in the family and other institutions. The status of women at all levels of society will be examined. North American conditions will be contrasted to those in other cultures, i.e. Europe and Asia.

WEDNESDAY:

Geography 102 Room 129 Instructor: Ian Anderson

General Geography 102 introduces basic geographical concepts and familiarizes students with various subdivisions of the discipline. Emphasis will be placed upon the interaction of the physical, social and psychological environment. Text: R. Murphy, The Scope of Geography, and V.F. Yuan, Man and Nature.

Economics 102 Room 127 Instructor: Andrew Whitaker

Second semester is devoted to study and analysis of economic problems in Canada, i.e. wage and price controls, inflation and resource development. There are no pre-requisites. Course is designed for the ordinary person who wants to provide a better understanding of economic matters.

THURSDAY:

Anthropology 102 Room 131 Instructor: Stan Persky

An introduction to physical and cultural anthropology. This course will focus on three major themes: the origins of human beings and society, the history of North American native people and an examination of present-day developments in countries of the Third World (China, Africa, and the Arab countries).



THURSDAY: continued

History 102

Room 133

Instructor: Peter Weber

Selected topics in economic development, social change and political power, 1940's to the present.

This course is designed to give the students an understanding of the nature of historical studies, of basic concepts and terminologies, and of fundamental issues and developments in modern history. Emphasis will be laid on the inter-relation of political/intellectual with social and economic history.

The course will be organized on a seminar basis to allow a maximum of individual participation and discussion in class.

#### LABOUR EDUCATION COURSE

Labour Economics

Room 207

Instructor: Andrew Whitaker

A course which considers the inter-relationship between labour and its effects on the nations economy. Such topics as wage and price controls, and inflation.

Sessions: 7

Fee: \$12.75

Evening: Wednesday January 12, 1977

#### NATIVE STUDIES 102

ABORIGINAL Peoples and the Land

Note: This course is held at the Band Council Hall in Kitamaat Village.

A series of 14 Lectures will explore the effects of European contact on the aboriginal peoples of North America with emphases on Canada and B.C. Relationships will be drawn to aboriginal peoples in other parts of the world, especially Asia and Africa.

This course will emphasize the role of social and economic institutions in the early colonization of aboriginal peoples, progressing to discussions of modern day attempts on the part of Native peoples to gain control of their hereditary lands and resources. Guest speakers, relevant movies and a progressive reading list should combine to make this an exciting weekly event.

Some of the particular topics that will be studied include: The Mackenzie Valley Pipeline; the effect of European religions on Native Culture; the Department of Indian Affairs; the Hudson's Bay Co.; the historical development of Native Political organizations; and land claims in the Northwest.

# V A S T

## VOCATIONAL ADULT SECONDARY TRAINING

This is an individualized upgrading program for individuals who have not completed the Grade 10 Education Level.

### For Whom

SHIFT WORKERS, WOMEN, DAY WORKERS, UNEMPLOYED,  
ALL ADULTS.

### Subjects Covered

Math, Science, English from Grade 5 to Grade 10.

### Hours of Operation

Monday to Thursday, 8:30 a.m. to 4:30 p.m. and 6:30 to 9:30 p.m.  
Friday, 8:30 a.m. to 4:30 p.m.

### For Further Information Contact

Director of Continuing Education

Dennis M. Holman  
632-4766

Co-ordinator of VAST Program

or  
Pauline Merrett  
632-4766



CONTINUING EDUCATION

VAST 2/3 (VOCATIONAL ADULT SECONDARY TRAINING)

This is an individualized program for individuals who have discontinued their formal education at any point from grade 5 through grade 10.

This program will operate on a day/evening basis with a flexible class schedule to accommodate you. The VAST program is designed to meet your individual needs and your future goals. Past education, work experience and life experience is taken into consideration to develop your own individualized upgrading program. 'MEN & WOMEN' SHIFTWORKERS & HOUSEWIVES' CONTACT US! WE CAN MEET YOUR NEEDS. Classes are scheduled for Monday - Friday 8:30 am to 4:30 pm and Monday - Thursday 6:30 pm to 9:30 pm. For more information please Phone Pauline Merrett 632-4766 - Co-ordinator of VAST Program.

GENERAL EDUCATIONAL DEVELOPMENT (G.E.D.) TESTS

The General Educational Development Tests provide an opportunity for many adults who did not graduate from secondary school to acquire an official document stating that they have a grade XII secondary school equivalency standing. This may assist you in qualifying for better jobs, for promotions within their own organizations, and in applying for admission to post-secondary educational institutions.

Arrangements have finally been made to permit G.E.D. Tests to be administered here in Kitimat. Take advantage of this opportunity.  
Next Testing Date FEBRUARY 11 and 12, 1977 - Contact either:

Director of Continuing Education  
Dennis M. Holman  
9 Drake Street,  
Kitimat 632-6124 or 632-4766

or

Counsellor  
Ron MacAulay  
Staff Room M.E.S.S.  
Tuesday Evening 7-8 pm

EDUCATIONAL UPGRADING & CORRESPONDENCE

The Department of Education have a comprehensive listing of correspondence courses. Why not come to the High School on Tuesday evening and browse through the course offerings.

LANGUAGES

L-1 English Conversation for Beginners Instructor: Mrs. Rigoni 632-6739

Evenings: Monday & Wednesday Sessions: 20

Fee: \$10.00

A beginners course in English for students who have a limited or no understanding of the English language.

L-2 English Level Two Instructor:

Evenings: Monday & Wednesday Sessions: 20

Fee: \$10.00

Conversation, reading and writing for those who know some English and for those who have completed the beginners course.

L-3 English Level Three (Intermediate)

Instructor:

Evenings: Mondays & Wednesdays

Sessions: 20

Fee: \$10.00

A course designed to improve the writing, reading and comprehension skills of the student.

L-4 English Level Four (Advanced)

Instructor: Linda Beale 632-5943

Evenings: Mondays & Wednesdays

Sessions: 20

Fee: \$10.00

Available to those who have completed Level Three.

L-5 Mothers and Tots English

If you are unable to attend our evening classes, come to our afternoon classes on Tuesday and Thursday. Classes are held at:

a) Anglican Church (Nechako)

Instructor: Elaine Maikapar 632-7994

Starts: January 4, 1976 - Tuesdays & Thursdays 1:30 - 3:00 pm

b) Riverlodge (Kildala)

Instructor: Mrs. Raposo

Starts: January 4, 1976 - Tuesdays & Thursdays 1:30 - 3:00 pm

L-7 Multi-Language/Cultural Program

Your son/daughter can receive instruction in one of the following languages:

Italian	Greek	Dutch
German	French	Portuguese
Chinese	Haisla	Spanish

If you wish your child to take such instruction call 632-4766 for scheduled times.

This is your opportunity for your child to learn a second language. Maintain your heritage or learn a different one. A chance in a life-time for your child.

L-8 French Conversation (Beginners)

Instructor: Mrs. Elaine Baird 632-3874

Evening: Mondays & Wednesdays

Sessions: 20

Fee: \$35.00

Learn day-to-day French conversation through audio and video methods. This is a 40 hour course. Class is limited to 12 students.



VOCATIONAL

V-1 St. John's First Aid

Instructor: Ken Morran 632-5875

This is a 16 hour course and will run

Fee: \$30.00

January 10 - January 15, 1977

A standard St. John's First Aid course will be given between the period of January 10 - January 15, 1977. On successful completion you will receive a standard St. John's First Aid certificate.

V-2 Industrial First Aid

Instructor: Ken Morran 632-5875

Sessions: 20

Fee: \$100.00

Registration for Industrial First Aid will take place only on January 17, 1977 in Room 103 at 7:00 pm

V-5 Airbrake Course

Register now for an airbrake course. Minimum of 15 students are required before a class may be set-up.

V-6 Painting & Decorating T.Q. Course

Sessions: 60 hours

Fee: \$70.00

A Painting & Decorating Trade Qualification course will be held here in Kitimat. On successful completion of the Department of Labour exam a trade qualification certificate will be issued. Registrants must have Three years or 6,000 hours Journeyman related work experience in this trade. Students will be expected to provide documented proof of previous work experience  
Minimum Enrolment 13

V-7 Millwright T.Q. Course

Instructor: Dion Miskell 632-4330

Sessions: 10 (6 hr sessions)

Fee: \$70.00

This is a trade qualification upgrading course for individuals who have had previous journeyman work experience in the trade but do not hold a Provincial ticket. Registrants must have 4 years or 8,000 hours of journeyman related work experience in this trade. Students will be expected to provide documented proof of previous work experience. Course begins Saturday January 15, 1977 at 9:00 am.

V-11 Basic Blueprint Reading

Instructor: Henry Goyert 632-2942

Evening: To be Decided

Sessions: 15

Fee: \$30.00

This is a basic blueprint reading course to provide the fundamental knowledge in blueprint reading necessary for apprenticeship training in a variety of trades such as electricity, carpentry, welding, millwright. This course is invaluable for the pre-apprentice.

V-13 Basic Electrical Safety

Instructor: Mr. Holderbaum 632-3988

Evening: To be Decided

Sessions: 10

Fee: \$25.50

A course designed for pre-apprentices to provide knowledge concerning Safety and potential hazards when working in the electrical trade. Information in this course will be very much directly related to the Alcan Industry.

V-15 Level I Typing

Instructor:

Evening: Tuesday

Sessions: 10

Practice Night: Thursday

Fee: \$22.00 plus Text \$7.50

A course designed for students who have had little or no previous typing. A certificate will be issued on successful completion of 40 w.p.m.

V-16 Level II Typing

Instructor:

Evening: Thursday

Sessions: 10

Practice Night: Tuesday

Fee: \$22.00 plus Text \$7.50

A course designed for those students who have completed a beginners course and wish to build up speed and gain experience on electric typewriters. A certificate will be issued on successful completion of 50 w.p.m.

V-17 Effective Supervision/Human Relations

Instructor: Jim Lalonde 638-1877

Evening: To be announced

Sessions: 20

Fee: \$45.00

For Employers, Supervisors, Foreman, or anyone planning to enter the field of supervision, understanding people, employer/employee relations, training, morale, communications.

V-18 Welding for Beginners

Instructor: Joe Slanina 632-3744

Evenings: Tuesday or Thursday

Sessions: 12

Fee: \$50.00

This is a basic course in acetylene and arc welding. The course is composed of both theory and practical aspects on welding as well as safety. Class is limited to 11 students.



V-19 Small Engine Repair

Evening:

Fee: \$60.00

This course is designed to provide training in all aspects of small engine repairs. Both Theory and Practical aspects will be conducted. A course very suitable for the homeowner in repairing his lawnmower, and chainsaw or an excellent upgrading course for the individual working on small engines.

V-20 Industrial Electrician T.Q. Course

Evening:

Fee: \$70.00

This is a trade qualification upgrading course for individuals who have had previous journeyman work experience in the trade but do not hold a Provincial ticket. Registrants must have 4 years or 8,000 hours of journeyman related work experience in this trade. Students will be expected to provide documented proof of previous work experience. Minimum of 15 students required to start this course.

V-21 Carpentry T.Q. Course

Evening:

Fee: \$70.00

This is a trade qualification upgrading course for individuals who have had previous journeyman experience in the trade but do not hold a Provincial ticket. Registrants must have 4 years or 8,000 hours of journeyman related work experience in this trade. Students will be expected to provide documented proof of previous work experience. Minimum of 15 students required to start this course.

V-22 Emergency Health Service Orientation Program

B.C. Provincial Emergency Health Services Program will be presenting a 2 hour Emergency Health Service Orientation program here in Kitimat on January 12 and 13 at Kitimat General Hospital.

The program includes 3 films on Emergency Health Service organization and planning. For further information contact: Ellen McKinnon at 632-2121.

KEEP FIT

K-1 Ladies Keep Fit

Evening: Monday & Wednesday (Alexander School Gym)

Fee: \$30.00

Keep active all year. Join the Keep Fit class and exercise twice a week. Sessions include exercise movements to music leading to greater fitness, flexibility and figure improvement, and athletic games. City bus goes past Alexander Elementary School.

Instructor:

Sessions: 60 hours

Instructor:

Sessions: 60 hours

Instructor:

Sessions: 60 hours

Instructor: Mrs. S. Stevenson

Sessions: 20 632-3245 Evenings

K-2 Mothers with Pre-Schoolers Gym Program

Time: Fridays 10-11:30 am  
at Riverlodge

Fee: \$15.00

This is a program in which both Mothers and their pre-school children participate. Mothers' learn more about the physical development and motor co-ordination of your child. Here is the opportunity to escape the "Snow Bound" syndrome. Space for your child to run-off excess energy.

K-3 Cross-Country Skiing

Evening: Tues or Thursday

Fee: \$15.00

First class will be held at Mount Elizabeth Secondary School on Tuesday January 18, 1977 in Room 120. Instruction will be given at this time on safety, proper equipment, its care and waxing procedures. Times will be decided at this first class for further instruction in Cross-Country Skiing technique. Be sure to attend this first class.

Instructor: Mrs. R. Stevenson  
632-3245 Evenings

Sessions: 10

Instructor: Eric Lasanen 632-5558

Sessions: 6

ARTS & CRAFTS

A-3a Beginners Sewing

Evening: Tuesdays

Fee: \$20.00

This is an introductory course for individuals who wish to learn the basics in the art of sewing. You will have the opportunity to practice these techniques by completing small sewing projects.

Instructor: Mrs. Hoffmann 632-2394

Sessions: 10

A-3b Advance Sewing

Evening: Monday

Fee: \$20.00

This course is designed for the completion of one major sewing project. Some knowledge of sewing would be recommended.

Instructor: Mrs. Worobets 632-6854

Sessions: 10

A-4 Ceramics & Pottery

Evening: Wednesday 7-10 pm

Fee: \$21.00 (materials not included)

This is a general interest course based on hand-building techniques. Instruction is given in preparation of clay, glazing, use of kiln, methods of decorations. Class limited to 15 students. If sufficient students, a second class will begin March 9, 1977.

Instructor: Mrs. Dawson 632-7685

Sessions: 7



A-5 Intermediate Woodworking

Evening: Monday

Fee: \$25.00

This course is designed for those students who have basic knowledge in woodworking, use of power and hand tools and ability to read from drawings. This is your opportunity to create those projects which require the use of specialized equipment. Bring your own Wood Project Designs.

A-6 The Art & Mystique of Macrame

Evening: Mondays 7:30 pm

Fee: \$20.00

Discussion of materials, basic knotting, progressing to projects such as flower pot hangers, belts, and wall hangings. A list of materials required will be available at time of registration.

Note: Course will be held at Spin Inn, City Centre Mall at 7:30 pm

A-7 Beginners Crochet

Evening: Wednesday

Fee: \$20.00

This is a course designed for the beginner who wishes to learn the basics in the art of crocheting. Students should bring a 7 or 8 hook and knitting worsted to the first class.

Note: Course will be held at Spin Inn, City Centre Mall at 7:30 pm

A-8 Creative Crochet

Evening: Thursday

Fee: \$20.00

This course is designed for those individuals who already have the basic skills in crocheting. Instruction is given in helping you work out your own creative designs and see them come to life in front of your own eyes. Have an idea - create it!

GENERAL INTEREST

G-3 You and Your Home

Evening: Monday & Wednesday

Fee: \$25.50

Learn everything you need to know about purchasing and financing your home, building permits, lot development, basements, framing, basic construction, plumbing, electrical. Cut your costs for home development, also discover what you shouldn't do! An invaluable course for the do-it-yourself home developers.

Instructor: Dion Miskell 632-4330

Sessions: 10

Instructor: Donna Bell  
632-2020 Days

Sessions: 10

Instructor: Donna Bell 632-2020 Days

Sessions: 10

Instructor: Donna Bell  
632 2020 Days

Sessions: 10

Instructor: Henry Kadar

Sessions: 20

G-4 Defensive Driving

Course Date: February 15 and 17  
22 and 24

Developed by the Canada Safety Council and endorsed by the British Columbia Motor Vehicle Branch. Defensive Driving will help you become a better and safer driver. This is a course that will teach you how to drive and stay alive: how to prevent all accidents, the big ones and the small ones. Anyone interested in this course is invited to register their name. A course will be set up when the minimum of 10 registrations are received.

G-6 Beginners' Chess

Evenings: Monday

Fee: \$25.00

This is a course designed for the beginners or novice chess players. Learn all the moves and tactics to play strategic chess from a talented, well versed and expert player. This will be a 10 session course terminated with a chess tournament for all students.

G-9 Introduction to Darkroom Techniques

Evening: Indicate your choice of evening

Fee: \$20.00 (plus \$6.00 materials)

An excellent course for the beginner. Concentration on the development of 35 mm Black & White, emphasis on simplicity, quality and economy. Course REQUIRES THAT YOU develop your own film. Course is held at 1112 Tweedsmuir Street.

G-10 Personal Income Tax

Evening: Mondays (Begins March 7, 1977)

Fee: \$10.00

Why struggle again this year with your income tax forms. Need Help! Attend our personal income tax course. Bring your income tax forms with you to be done in class. Learn how you can claim some of the extras on your income tax forms.

G-11 Teach Yourself Reflexology

Evening: Mondays 7:30 - 9:30 pm

Fee: \$10.00

Reflexology is the key to perfect health. Through working on the hands and feet we are able to reflexly affect other areas of the body. Learn the technique required to master this skill from a registered massage therapist. Class limited to 10 people. Register Now. Bring 8" x 11" paper and pencil to first class.

Instructor: Joe Farina

Fee: \$15.00

Instructor: Mike Bateman 632-3623  
Ron MacAulay 632-5881

Sessions: 10

Instructor: John Case 632-7848

Sessions: 6 - 12 hours

Instructor: Ron MacAulay 632-5881

Sessions: 3

Instructor: Mrs. Barry Blix 632-4231

Sessions: 4



G-12 Impaired Driving Course

This course is given through the Attorney Generals Department.  
"The purpose of the course is to provide information about combining drinking and driving in regard to the social, physical, legal and financial effects of this activity."

If you are interested in such a course register now. With sufficient response a convenient time will be scheduled for it.

G-13 Women in your Society/Women in Your Community

Evening: Begins January 25

What is the changing role of Women in today's society all about? Are you perplexed about these various action and counteraction groups centred on the status of Women? Find out how other women and men in your own community feel about the role of women in today's society. Participate in these discussion groups:

Topic of Discussion Tuesday January 25, 1977

How much commitment should a woman have for her family?

Members of your community will present their views on the above topic of discussion. Come and listen and perhaps question the opinions given.

Topic of Discussion Tuesday February 1, 1977

Women as an equal member of the working force.

Are there limitations to a woman's work ability? Are limitations imposed on women? What opportunities are available for them.

G-14 Babysitting Course

Instructor: Gale Vennard 632-3684

This course will be held on Saturdays - times to be arranged

Sessions: 7

Fee: \$10.00

This course is sponsored by the B.C. Safety Council. Topics of discussion will include Child Care, First Aid, Emergency procedures for medical, fire, etc.

S-3 Be Prepared!

Resource People

Evening: Tuesdays

Sessions: 5

Fees: Full Series \$10.00 or 1 Individual session \$3.00

A course designed to accommodate individuals and couples. This course will provide insight into unforeseen difficulties which may develop during the growth of a relationship and indicate some avenues which individuals may utilize to create positive feelings about oneself and be prepared to face the unexpected.

You may register for all topics or only those which are of concern to you. Sessions begin Tuesday January 25, 1977.

S-3a I'm OK, You're OK

Resource Person: Bill Herriot

Tuesday January 25, 1977

A 3 hour session devoted to the development of good communications that will foster an accepting relationship with another human being.

S-3b Insurance

Resource Person: Jack Mytton

Tuesday February 1, 1977

Are you prepared for the unexpected? BE sure and attend this eye opening session in insurance protection for yourself, your wife, and your family. In time of crisis and need SORRY is not sufficient.

S-3c Male versus Female Relationships

Resource Person: Joanne Nakoneckny

Tuesday February 8, 1977

What is "status quo"? Is there equality in our society whether it be in the work force, in the family or in a relationship between 2 human beings. Discover the barriers which are created between and by men and women. Let us walk hand-in-hand, side-by-side, together not apart from each other.

S-3d Finance and Budget

Resource Person:

Tuesday February 15, 1977

The financial pit-falls that are created by poor budgetting. How to go about saving, buying and mortgaging your first home. Why are there have - and have not - people when both parties receive the same wage.

S-3e Health/Nutrition and Family Planning

Resource Person:

Tuesday February 22, 1977

What is necessary for the development and maintenance of a good healthy body? What are some of the unexpected diseases which we may encounter? How may we detect them in time? Is Family Planning necessary? What happened to the old family unit?

S-4 Training for Parents

Instructor: Bill Herriot

Evening: Thursday

Sessions: 10

Fee: \$45.00 or \$65.00 per couple.

Is there a stranger in your family? Are you having difficulties?

If you are like most other parents things at home haven't gone exactly the way you planned them.

If this is true and you really don't know what to do about it quickly and effectively then this course may be the answer to your problems.

Fees include Text for the course "Parent Effectiveness Training" Class limited to 12 students.



DEVELOPING A CARING COMMUNITY

IN CHRIST

This course is for Adults to provide lay training in Spiritual and Mental Health. Mental and Spiritual Health are inseperable. The health of one's relationships with self and others, and with God, the universe, and ultimate values, are deeply interdependant. No conception of spiritual health is complete if it ignores mental health. This was reflected very clearly in Jesus words, "I have come that they might have life, and have it abundantly." A teacher of psychiatry stated recently, "A person is mentally healthy to the degree that he is able to live the two great commandments; To love God and neighbors fully."

Pastor Michael Nel will be teaching this nine week course every Tuesday evening from 7:30 to 9:30 pm at Redeemer Lutheran Church. It will begin on January 18, 1977. For a more effective growth and learning experience enrollment will be limited to 12 people. Please enrol soon to ensure involvement. The cost of the course will be \$15.00 per person or per couple.

The Thrusts for each evening presentation will be as follows:

1. The Present Challenge to the Caring Community.
2. The Ground on which we Stand.
3. Techniques of Responsive Counselling.
4. An approach to understanding human behaviour.
5. Patterns of interaction between childhood experience and adult functioning.
6. Frequent problems of stress among men, frequent problems of stress among women.
7. Alcholism - Drug Addiction - Counselling and prevention.
8. Grief Counselling.
9. Crisis Counselling - Suicide.

Those who register will be required to read and reflect in a disciplined manner outside of class time. The challenge is large, the benefits are larger.

REGISTRATION FORM: Name.....  
 Address.....  
 Tel.No. ....

Please return to Pastor Nel immediately: Rev. M.J. Nel  
 63 Egret Street,  
 Kitimat, B.C.  
 V8C 1J8 Phone: Office 632-6962  
 Home 632-5207

REGISTRATION FORM

Mail to: Dennis M. Holman  
 Director of Continuing Education,  
 9 Drake Street,  
 Kitimat, B.C. 632-6124 or 632-4766

Name.....Address.....Tel. No.....

I wish to register for the following courses:

- 1.....Fee \$.....
- 2.....Fee \$.....
- 3.....Fee \$.....

Total Fees \$.....

Make cheque or money order payable to Continuing Education/Kitimat

DO NOT SEND CASH IN THE MAIL

Signature.....

NO REFUNDS unless course is cancelled.

SUGGESTIONS FOR COURSES

This is YOUR Continuing Education Program and YOUR Ideas can be part of it. Let us know your interests.

Courses I would like to see offered in the Continuing Education Program.

Name.....Instructor.....Tel. No.....

Name.....Instructor.....Tel. No.....

Name.....Instructor.....Tel. No.....

We are also interested in the time of day most convenient to you for courses.

Please indicate:

9:30-11:30 am	1-5 pm	7-9 pm	7:30-9:30 pm
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Please fill in and Mail or Drop in to Continuing Education Office at: 9 Drake Street.

For Further Information Contact: Director of Continuing Education  
 Dennis M. Holman  
 9 Drake Street,  
 Kitimat, B.C.  
 632-6124 632-4766