

SBCC ADULT EDUCATION CALENDAR *for* JULY 2008

310 W. Padre St.

Santa Barbara, CA 93105

805-687-0812

**LISTED HERE: short term courses, one-day workshops and special events only.
For full term courses (8 weeks for the Summer term) see the Summer 2008 Schedule of Classes.**

Continuing Education Units: SBCC Continuing Education is authorized to issue continuing education units (CEUs) to health care and mental health professionals in courses designated below. A fee of **\$4 per CEU** is required for students seeking an optional **RN/LVN or MFT/LCSW** certificate. There is **no fee** for students seeking an optional **CNA** certificate.

PLEASE NOTE: Class details are subject to change. Please check our website regularly for changes:

http://ce.sbccc.edu/class_changes.html

JULY 1 — TUESDAY

Infant Times I

Laura Sobell, M.A., 11:15 a.m., Hidden Valley Park, Torino Rd. 1st of 4 Tuesdays. Opt. fee: \$5 materials. Limit: 25 parents with newborn to crawling children.

Toddler Times

Laura Sobell, M.A., 9:15 a.m., Hidden Valley Park, Torino Rd, 1st of 7 Tuesdays. Opt. fee: \$10 materials. Limit: 25 parents with children ages 12-18 months.

JULY 2 — WEDNESDAY

Collage and Mixed Media Workshop

Karen Browdy, 1 p.m., Room 23, Schott Center, 310 West Padre St. 1st of 5 Wednesdays. Opt. fee: \$10 lab.

JULY 3 — THURSDAY

Anger Management: Positive Choices for Change

John Chapman, M.A., 4 p.m., Salvation Army Rehabilitation Center, 6400 Cindy Lane, 1st of 5 Thursdays. [Note: The Salvation Army Rehabilitation Center, Carpinteria is a rehabilitation center housing men in recovery.] No registration after first class meeting. FREE.

Compassionate Communication

Rodger Sorrow, 4 p.m., Salvation Army Rehabilitation Center, 6400 Cindy Lane, 1st of 5 Thursdays. [Note: The Salvation Army is a rehabilitation center in Carpinteria housing men in recovery]. No registration after the first class meeting. FREE.

Collage and Mixed Media Workshop

Karen Browdy, 1 p.m., Fellowship Hall, Faith Lutheran Church, Carpinteria, 1335 Vallecito Place, 1st of 5 Thursdays. Opt. fee: \$10 lab.

JULY 5 — SATURDAY

Reading and Writing Poetry for Personal Growth

Dr. David Richo, 9:30 a.m.-4:30 p.m., Room 3, Schott Center, 310 West Padre St. FREE.

JULY 8 — TUESDAY

The Wildling Art Museum

Penny Knowles, 10 a.m.-2:30 p.m., Wildling Art Museum, 2329 Jonata St. Opt. fee: \$5 materials. (Limit: 20)

EMT Recertification

Susie Thielmann, 8:30 a.m.-Noon, Training Facility, Santa Barbara Fire Department, 30 S. Olive, Module III. FREE.

EMT Recertification

Susie Thielmann, 1:30-5 p.m., Training Facility, Santa Barbara Fire Department, 30 S. Olive, Module III. FREE.

JULY 9 — WEDNESDAY

Build Self-Esteem (Bilingual)

Dr. Isabelle Navar, 6:30 p.m., Room 31, Schott Center, 310 West Padre St., 1st of 5 Wednesdays. RN/LVN, CNA contact hours: 10. FREE.

JULY 10 — THURSDAY

Health Topics Round Table: *Stress Management*

Dr. Isabelle Navar, 6:30 p.m., Second Floor, Santa Barbara Neighborhood Clinics/Health Programs Center, 915 N. Milpas St. 2nd Floor. 1st of 4 Thursdays. RN/LVN, CNA contact hours: 8. FREE.

JULY 11 — FRIDAY

Turning Points in Thought From Film: *Juno* (2007), starring Michael Cera, Ellen Page, directed by Jason Reitman. Kerry Methner, Ph.D., 7 p.m., Tannahill Auditorium, Schott Center, 310 West Padre St. 1st of 4 Fridays. FREE.

Introduction to Word

Norma Eggli, 9 a.m.-3 p.m., Room 4 PC Lab, Wake Center, 300 N. Turnpike Rd. Opt. fee: \$10 lab. (Limit: 24)

Body/Mind Dynamics

Edward Rockett, 10:45 a.m., Thornton Auditorium, Wake Center, 300 N. Turnpike Rd. 1st of 6 Fridays. FREE.

JULY 12 — SATURDAY**Dreams: Insights and Revelations**

Dr. Isabelle Navar, 9:30 a.m.-4:30 p.m., Room 30, Schott Center, 310 West Padre St., RN/LVN, CNA, MFT/LCSW contact hours: 6. FREE.

JULY 14 — MONDAY**E-Mail for Beginners**

Norma Eggli, 9 a.m.-3 p.m., Room 4 PC Lab, Wake Center, 300 N. Turnpike Rd. Opt. fee: \$10 lab. (Limit: 24)

JULY 18 — FRIDAY**Introduction to Excel**

Robert Cronkite, 9 a.m.-3 p.m., Room 4 PC Lab, Wake Center, 300 N. Turnpike Rd. Opt. fee: \$10 lab. (Limit: 24)

Turning Points in Thought From Film: *After the Wedding* (2006), starring Mads Mikkelsen and Rolf Lassgard, directed by Susanne Bier. Kerry Methner, Ph.D., 7 p.m., Tannahill Auditorium, Schott Center, 310 West Padre St. 2nd of 4 Fridays. FREE.

JULY 19 — SATURDAY**Creativity and Expression**

Dana Drobny, M.A., 9 a.m.-1 p.m., Room 29, Schott Center, 310 West Padre St. FREE.

Massage as Therapy: Bilingual

Dr. Isabelle Navar, 9:30 a.m.-4:30 p.m., Room 31, Schott Center, 310 West Padre St. Opt. fee: \$3 materials. RN/LVN, CNA contact hours: 6. No credit for prior enrollees.

JULY 22 — TUESDAY**Spanish Workshop: Pronunciation**

Irma Esquivel-Kromis, 5:15 p.m., Room 30, Schott Center, 310 West Padre St., 2 weeks, Tuesdays & Thursdays, Enrollment fee: \$32. RN/LVN, CNA contact hours: 6.

Natural Medicine

Dr. Robert Reynolds, 5:15 p.m., Room 28, Schott Center, 310 West Padre St., 1st of 4 Tuesdays. RN/LVN, CNA contact hours: 8. FREE.

Buoyancy Cuffs and Barbells

Dawn Farber-Shapiro, M.A., 6 p.m., Pool, St. Vincent's School, 4200 Calle Real, 4 weeks, Tuesdays & Thursdays. Enrollment fee: \$50. (Limit: 20 - Lottery if oversubscribed)

JULY 25 — FRIDAY

Turning Points in Thought From Film: *The Constant Gardener* (2005), starring Ralph Fiennes and Rachel Weisz, directed by Fernando Meirelles. Kerry Methner, Ph.D., 7 p.m., Tannahill Auditorium, Schott Center, 310 West Padre St. 3rd of 4 Fridays. FREE.

JULY 26 — SATURDAY**A Play Day for Your Inner Child**

Terri Cooper, M.A., MFT, 10 a.m.-4 p.m., Room 3, Schott Center, 310 West Padre St. FREE.

Landscape Painting

Chris Chapman, 9 a.m.-5:30 p.m., Arroyo Hondo Preserve, 14900 Calle Real. Opt. fee: \$12 lab. (Limit: 20)

Health Topics Round Table, *Unleashing the Entrepreneur in You: For Healthcare Workers*

Cheryle Van Scoy-Mosher, R.N., 9:30 a.m.-4:30 p.m., Room 30, Schott Center, 310 West Padre St., RN/LVN, CNA contact hours: 6.FREE.

Introduction to Reiki: An Ancient Healing Art

Ellen Fogel, 10 a.m.-4 p.m., Room 31, Schott Center, 310 West Padre St., RN/LVN, CNA contact hours: 6.FREE.

JULY 28 — MONDAY**Intro to MAC OS X Level 2**

Bob Faulkner, 1 p.m., Room 3 MAC Lab, Wake Center, 300 N. Turnpike Rd., 1st of 3 Mondays. Opt. fee: \$10 lab. (Limit: 24)

JULY 29 — TUESDAY**Infant Times I**

Laura Sobell, M.A., 11:15 a.m., Hidden Valley Park, Torino Rd. 1st of 3 Tuesdays. Opt. fee: \$5 materials. Limit: 25 parents with newborn to crawling children.