PASCEP0303 - Living off the Land: Urban Farming: Growing Healthy

Offered through: Pan-African Studies Community Education Program (PASCEP)

This course will introduce you to techniques to create urban farms and grow your own organic food. Learn about the detriments of GMO's and the benefits of making and using compost to produce nutritious fruits and vegetables.

IDEAL0001 - Safe Zone 1

Offered through: Office of Institutional Diversity, Equality, Advocacy and Leadership (IDEAL)

SAFE ZONE MISSION: To foster an affirming campus environment for lesbian, gay, bisexual, transgender, queer, intersex or asexual identified students, faculty, and staff. **LGBTQIA** allies provide valuable support and information about sexuality resources, and help to offer welcoming, safe spaces within our campus community. Being an advocate indicates an acceptance of **LGBTQIA** identifies and a commitment to working against discrimination directed towards **LGBTQIA** folks. This two part interactive training, operated through the Office of Institutional Diversity, Equity, Advocacy and Leadership will consist of the following elements:

- review LGBTQIA terminology and assumptions
- discuss forms of oppression
- provide resources and detail the role of an ally and support techniques
- provide an understanding of bystander intervention

IDEAL0004 - Safe Zone 2 (STUDENTS)

Offered through: Office of Institutional Diversity, Equality, Advocacy and Leadership (IDEAL)

SAFE ZONE MISSION: To foster an affirming campus environment for lesbian, gay, bisexual, transgender, queer, intersex or asexual identified students, faculty, and staff. **LGBTQIA** allies provide valuable support and information about sexuality resources, and help to offer welcoming, safe spaces within our campus community. Being an advocate indicates an acceptance of **LGBTQIA** identifies and a commitment to working against discrimination directed towards **LGBTQIA** folks. This two part interactive training, operated through the Office of Institutional Diversity, Equity, Advocacy and Leadership will consist of the following elements:

- review LGBTQIA terminology and assumptions
- discuss forms of oppression
- provide resources and detail the role of an ally and support techniques
- provide an understanding of bystander intervention

Sustainable, Organic and Biodynamic Wines

Offered through: Office of Non-Credit and Continuing Education (Ambler and Center City Campus)

The movement for environmentally sound agriculture has slowing filtered into the wine growing methods worldwide. There has been some confusion and misunderstanding about these wines in the past. Join us and learn the differences between them while discovering the finest examples from around the world, including France, USA, South America and Australia. If you have been hesitant to try this category, we hope to make believers out you!

Aquaponics 101*

Offered through: Office of Non-Credit and Continuing Education (Ambler and Center City Campus)

What is aquaponics? It's taking hydroponics (soilless farming) and adding in aquaculture (fish farming) to create a mutually beneficial cycle. Growing fish and plants together in a closed cycle creates a system that is organic and potentially self–replenishing for year round farming. Upon completion, you will have the knowledge to create your own aquaponics system and an understanding of the personal and social benefits of systems like this.

Rain Ready Workshop

Offered through: Office of Non-Credit and Continuing Education (Ambler and Center City Campus)

Beautify your home with a rain garden or blossoming stormwater planter. Learn how you can create a rich plant basin to collect and filter storm–water runoff.

PASCEP0210 - Building Community: Building Promise

Offered through: Pan-African Studies Community Education Program (PASCEP)

A truly democratic society relies on its citizens to be informed and ready to act. This course addresses the part we all play in government and the knowledge needed to understand roles and responsibilities in civic government. Session 2 equips those who would like to actively participate in government with knowledge, resources and opportunities for engagement.

REEL Racial America—PASCEP0205

Offered through: Pan-African Studies Community Education Program (PASCEP)

This engaging Im based course investigates what it really means to be Black in contemporary America. Black progress, comedy, class divisions, beauty, sports, spirituality, and Black relationships are but a few of the topics presented as the courses examines the phenomena of "Living While Black" in America.

Optimize Your Health with Plant-Based Foods—PASCEP0304

Offered through: Pan-African Studies Community Education Program (PASCEP)

This hands-on learning experience will teach students healthy eating options for sustainable good health and disease prevention. By the end of the session, students will be able to identify and use fresh herbs for seasoning and medicinal use. Recipes will be provided at the end of each session. Taste test are provided.

PASCEP0203 - Dissolving the Color Line: A Values Perspective

Offered through: Pan-African Studies Community Education Program (PASCEP)

This course will provide a fresh airing of the "funky", knotty, but very topical problem of race relations in America and around the world. A detailed picture of how racial inequalities are maintained by a western value system disorder will be framed in the context of an extensive demonstration of a self-help values- clarification class.