

SEER COURSES - WINTER 2023

Classes begin Wednesday, January 4, 2023 and end Thursday, March 23, 2023

No Classes Monday, January 16; Monday, February 20; and Monday, March 20, 2023

Class #	Class Subject	Course #	Start Time	End Time	Days	Class Title	Instructor	Classroom OR On Line
29593	CLSTM	20	9:00 AM	10:20 AM	MW	Keyboarding	Brehm, Mitch	01-G124 or OL
29957	CLLIF	1	9:00 AM	10:20 AM	MW	Building Healthy Relationships	Hain, Ronda	16-170 or OL
33200	CLSTM	25	10:30 AM	11:50 AM	MW	Tablets & Apps	Brehm, Mitch	01-G124 or OL
29973	CLSER	16	10:30 AM	11:20 AM	MW	Getting Organized	Hain, Ronda	16-170 or OL
33808	CLSTM	22	12:30 PM	1:50 PM	MW	Microsoft Office 1	Brehm, Mitch	01-G124 or OL
29978	CLSER	20	12:30 PM	1:20 PM	MW	Know Thyself	Hain, Ronda	16-170 or OL
29987	CLSER	30	1:30 PM	2:20 PM	MW	Skillful Sleeping	Hain, Ronda	16-170 or OL
29588	CLCOM	20	2:00 PM	3:20 PM	MW	Sign Language	Brehm, Mitch	01-G124 or OL
38061	CLSER	42	9:30 AM	10:20 AM	TTH	Stress Less	Hain, Ronda	16-170 or OL
29984	CLSER	24	10:30 AM	11:20 AM	TTH	Managing Anger	Hain, Ronda	16-170 or OL
29965	CLSER	1	12:30 PM	1:20 PM	TTH	Anxiety Relief - STARTS 1/17/2022	Hain, Ronda	16-170 or OL
29981	CLSER	22	1:30 PM	2:20 PM	TTH	Writing for Self-Discovery	Hain, Ronda	16-170 or OL
34593	CLSER	18	2:30 PM	3:20 PM	TTH	Health & Wellness	Hain, Ronda	16-170 or OL

Please read the description of the class for content and check the location of class when registering. **Enrollment closes December 21, 2022.**

Please indicate F2F = face to face (in person) or OL = Online

All students must take building Healthy Relationships or Community Living one time.

All students must complete the required Title IX Safety Training one time prior to beginning class. Contact our office with questions.

Safety Training will be covered at an orientation on January 3, 2023 at 3pm, Building 6 Room 124. Call 279-6033 to RSVP.

SEE OUR WEBSITE FOR ADDITIONAL INFORMATION:

www.scc.spokane.edu/seer