PASCEP
PAN-AFRICAN STUDIES
COMMUNITY EDUCATION PROGRAM

SPRING 2018
NON-CREDIT
COURSE GUIDE

KEEPING THE COMMUNITY INFORMED

PASCEP is sponsored by the Temple University Office of Community Relations
The Pan African Studies Community Education Program

Program Motto: Keeping the Community Informed.

Program Mission: To strengthen the knowledge of the community through low cost non-credit continuing and basic adult education courses facilitated in collaboration with Temple University faculty, business experts and community volunteers.

Program Vision: To “Embrace the Past to Shape the Future” through information and education of adults and families across the city of Philadelphia.

Brief Program History

The Pan-African Studies Community Education Program (PASCEP) is a unique and multi-faceted program founded in 1975 by the late Annie D. Hyman, a Temple University graduate and North Philadelphia community activist, who sought to bring the university to the community. TU staff, volunteers and students enrich the learning experience making for a more informed community with the commitment to develop self, others and bring positive change in the community, society and the world.

Prior to coming to Temple in 1979, the Community Education Program was held in neighborhood schools, churches and centers. University faculty volunteered time to teach classes. Ms. Hyman later obtained the support of Dr. Odeyo Ayaga, who was then the Pan-African Studies Department Chair, to seek Temple University’s sponsorship of the program. In the Spring of 1979, the University incorporated the program with PASCEP becoming the community outreach component of the Temple University, Pan-African Studies Department, subsequently re-named the African American Studies Department.

Many faculty members of Pan-African Studies and other departments continued to volunteer and provide quality administration to PASCEP: Muriel Feelings; Yumi Odom; Maisha Sullivan-Ongoza; Dr. Molefi K. Asante; Willie Rogers; Dr. Rita Smith; Dr. Tran Van Dinh; Professor Sonia Sanchez; Professor Jacqueline Mungai; Dr. Barbara Hampton, of Pan-African Studies; Dr. Audrey Pittman; Dr. Thaddeus Mathis; Dr. Wilbert Roget, Afro musicologist; Harrison Ridley Jr. of WRTI-FM; and a host of others. Much gratitude is given to these elders for setting a firm foundation of transformational and servant leadership.

PASCEP continues to garner the knowledge and talents of volunteers who come from myriad professions and all walks of life. Since 1975, more than 424 courses, 275 lectures/seminars and over 88 workshops have continued to be taught by volunteer professionals whose purpose is to educate the community at large and give back to others what they have received in knowledge, skills, and inspiration.

Ulicia Lawrence-Oladeinde
PAN-AFRICAN STUDIES COMMUNITY EDUCATION PROGRAM

SPRING 2108 SEMESTER CALENDAR

ONLINE REGISTRATION: Monday, November 20, 2017 – Friday, March 9, 2018

WALK IN REGISTRATION: Tuesdays, Wednesdays, and Thursdays, January 9 – March 1
Hours: 1:00 p.m. to 6:30 p.m.

LATE REGISTRATION (Walk-in Only): Monday – Thursday, March 12 – March 15,
Hours: 1:00 p.m. to 6:30 p.m.

DROP/ADD (Walk-in Only): Submit written request via email to pascep@temple.edu. No request can be honored after the first week of class. You may also bring written request to the PASCEP administrative offices.

Academic Class Assessments (TABE): By Appointment Tuesdays and Wednesdays, January 16 – January 31
Assessment is mandatory for all academic classes

PASCEP Spring Semester Begins: Monday, January 29

PASCEP 5-Week Classes, Section 1: Monday, January 29 – Thursday, March 1
PASCEP 5-Week Classes, Section 2: Monday, March 12 – Thursday, April 12
Spring Break: Monday, March 5 – Thursday, March 8
Check with the instructor for any changes

PASCEP 8-Week Classes: Monday, January 29 – Thursday, March 29

PASCEP Spring Semester Ends: Thursday, April 12

Closing Ceremony: Friday, April 13

You must be 18 years or older to enroll in PASCEP (except Intergenerational Activities).

PASCEP Office Location: Entertainment and Community Education Center 2nd Floor, Room 220
1509 Cecil B. Moore Avenue
Philadelphia, PA 19121

(PHONE) 215-204-1993 • (FAX) 215-204-8171
Website: http://noncredit.temple.edu/pascep
Email: pascep@temple.edu

PASCEP Information Line: 215-204-1993
KYW Radio’s Snow Emergency Information: Listen for Call Number 2120
Visit the PASCEP Website: http://noncredit.temple.edu/pascep
Registration Process

Registration for PASCEP classes is completed through Temple University's non-credit and continuing education system (DestinyOne). You can create a free account using your personal computer or you can call our offices (215-204-1993) and we will create a student account for you. Create a free account by entering your profile information into TU secured system and enjoy checkout and payments with credit cards electronically. PASCEP only accepts money order and credit card payments. All discounts are processed via money order only. PASCEP staff can assist you with payments during walk in registration.

- Once you receive a student number (ex. X01010) you will use the same account number to enroll in any non-credit courses offered at Temple. You must have an accessible email address prior to creating your account in DestinyOne. (Record your user name and password once created.)

- If you do not have an email address, you can create one using Google, AOL, Yahoo, Hotmail, etc. (Assistance is available during walk-in registration dates.)

- In order to apply for courses, revise your profile, request class changes, make inquiries and special requests, you must have access to your DestinyOne account.

In your browser type: noncredit.temple.edu/pascep.

Create a Temple University DestinyOne Account

NOTE: If you have previously taken a non-credit or continuing education course, you may already have an account. You can contact destiny1@temple.edu or call 215-204-4866 with questions. These steps guide you through the DestinyOne registration process:

1. Begin by typing “noncredit.temple.edu/pascep” in the address line or search box. The Temple University PASCEP page should appear.

2. Click the “Login” link in the upper right hand corner. Then, click “Student Login.”

3. New applicants will place their email address in the box labeled “I am a new DestinyOne user.” Follow the prompts as they appear and record user names and passwords.
   - You will be asked to provide your name, gender, email address, phone number, and mailing address.
   - You can also tell us a little bit more about your learning goals and select the specific program(s) in which you have interested.

4. Former students should login through the middle box labeled “DestinyOne Account Login. DO NOT remove the TU_.” You must have access to your email to retrieve forgotten passwords.

5. Follow the prompts on the screen. Once completed click the “Submit” button.
   - You will receive several emails providing your account information.

How to Enroll in a PASCEP Class

1. Begin by typing “noncredit.temple.edu/pascep” in the address line or search box. The Temple PASCEP page should appear.

2. Scroll down the page below the Course Guide until you reach the “Courses” section. Courses are arranged in alphabetical order or click the gray arrow to search by course number.

3. Click on the name or number of the course and another screen will appear with the course description and enrollment box.

4. Add the Course section to the cart (Click Add to Cart). You will be prompted to continue to shop (Keep Shopping) or Check out.

5. Checking out will bring you to view everything in the cart. You may keep the selections or remove them (If you make any changes remember to hit the Update button). Choose the checkout button again.
6. This will bring you to Log In or Create an Account screen. Follow the instructions above for creating an account (I am a new Destiny One user) or enter your DestinyOne Account Login.

7. After Log in, the payment screen will appear.

8. If paying by credit card hit the radio button for “Paying by credit card” or hit the button, “I would like to pay by another method” and the PASCEP office will receive your request.

9. The system holds your checkout selections to be processed when you come to walk in registration at the PASCEP office. If you close the checkout process prematurely, Destinyone@temple.edu will send you an email and you may resume your checkout process.

COURSE FEES

Payment Options:

Credit and Debit Cards
- Online registrants may pay via credit or debit card. “Bank Gift Cards” with the VISA logos accepted as credit card purchases. Hold the gift card until all classes are completed. Refunds are placed back on the gift card if a class is cancelled.
- Your personal computer/devices can be used to process your credit/debit/gift cards payments or payments are processed in the PASCEP’s office on a secured system during the open registration period.

Money Orders
- Available to walk-in applicants during open registration.
- All money orders are to be made payable to Temple University. Each money order must be completely filled out by the purchaser.
- The dollar amount ($) of each money order must match the course fees. Money orders will be refunded via Temple University checks.

WE REGRET THAT WE CANNOT ACCEPT CASH OR PERSONAL CHECKS

Senior Citizen Discount:

Seniors are eligible to attend one course per semester at $10.00 when taking 2 or more courses. A course fee of $10.00 will be applied to the lowest course fee. Regular fees apply for each additional class selected.

You may register online for classes however, DO NOT PAY FOR DISCOUNTED COURSES ONLINE. Seniors will only receive discounts at walk in registration with presentation of proof of age. Seniors cannot receive reimbursement for courses processed on line. Acceptable forms of ID: Original State Issued Birth Certificate or Driver’s License. Eligibility: You must be age 65 or older at the time of registration.

Refunds:

Refunds of course fees are issued only if a class is cancelled. Students who choose to not attend classes cannot receive a refund. Discounted courses are not refunded unless processed through the PASCEP office. All refund requests must be submitted in writing.

Low Enrollment Class Cancellations:

Temple University reserves the right to cancel a course due to insufficient enrollment or other unforeseen circumstances. If a course is cancelled for any reason, you will be notified and your entire course fee will be refunded. You will have the option to enroll in another course. Financial adjustments will be made if there is a difference in the new course selection.
Wait List:
If registration for a class becomes full, DestinyOne will place you on a wait list. You will receive an email from the system about your “wait” status. If a space become available, you will receive another email to register for the class.

Drop/Add Courses:
In order to drop/add a course, you must come to the PASCEP office (room 220) during the designated drop/add dates and times. Request must be in writing.

Certificates of Participation:
Participants receive a Certificate of Participation who attend 80% of each class. Certificates are issued at the end of semester “Closing Ceremony” or in the first two weeks of the following semester.

WHAT’S THE NEWS?/HABARI GANI

COMMUNITY THURSDAY WORKSHOPS

Black History Month Workshops
February 8 & 15

Mental Health First Aid Training Adults
February 22 & March 1

Mental Health First Aid Training Youth
March 15 & March 22

Credit Education: Blended Webinar @ PASCEP
March 1 & March 8

Transition from Secondary to Postsecondary and Training
March 29

Workforce Development: Job Readiness and CareerLink
April 5

Reentry Resources and Information
April 12

Workshops are Free to the Community! Registration is required!
EMPLOYMENT PREPARATION AND JOB SEARCH

Community Thursday beginning in January 2018
1:00 p.m. – 6:00 p.m.

Internet access and computer literacy assistance
Schedule to be announced

For more information, call 215-204-1993 or pascep@temple.edu.
## Calendar of Courses

### MONDAY

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<td>NO CLASSES</td>
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<tr>
<td>4:00 PM – 5:30 PM</td>
<td>Exploring Entrepreneurship, 5 weeks, page 14</td>
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<td>5:30 PM – 7:00 PM</td>
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<td>Basic Arabic, 10 weeks, page 20</td>
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<td>Entrepreneurship: Pitch Competition Developing Your Business Plan, 6 weeks, page 13</td>
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<td>Making the Most of Your Money, 5 weeks, page 15</td>
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<td>Mathematics 101, 10 weeks, page 10</td>
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<td>Rites of Passage: Young Adult Coed, 10 weeks, page 12</td>
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<td>Conversational Spanish, 10 weeks, page 20</td>
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<td>Etymology, 10 weeks, page 10</td>
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<td>Finding Your Queen, 10 weeks, page 11</td>
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<td>How to Own Your Own Real Estate, (7:00 p.m. – 9:00 p.m.) 6 weeks, page 14</td>
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<td>Money Smart: Breaking Out of Your Mess, Sections 1 and 2, 5 weeks each, page 16</td>
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### TUESDAY

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<th>Time</th>
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<td>2:30 PM – 4:00 PM</td>
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<td>4:00 PM – 5:30 PM</td>
<td>NO CLASSES</td>
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<td>5:30 PM – 7:00 PM</td>
<td>Academic Enrichment, 10 weeks, page 10</td>
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<td>Basic Design/Sewing, Section 1, 8 weeks, page 20</td>
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<td>Discovering Your Authentic Self, 10 weeks, page 17</td>
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<td>Free your Mind: Change Your Life, 5 weeks, page 17</td>
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<td>Introduction to Computer Basics, 5 weeks, page 23</td>
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<td>Introduction to Spanish, 10 weeks, page 20</td>
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<td>Transitional Math, 10 weeks, page 11</td>
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<td>American Sign Language, 10 weeks, page 20</td>
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<td>Dreamcatchers: F.L.A.V.O.R., 5 weeks, page 21</td>
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<td>Developing Dynamic Databases: Microsoft Access, 10 weeks, page 23</td>
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<td>Leadership Business of Technology, (7:00 p.m. – 9:00 p.m.) 8 weeks, page 13</td>
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<td>Sick of Being Broke, 8 weeks, page 16</td>
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<td>Throw the Fish Back In: Domestic Violence Awareness, 5 weeks, page 22</td>
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Register Online from November 20, 2017 – March 9, 2018
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<td>2:30 PM – 4:00 PM</td>
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<td><strong>NO CLASSES</strong></td>
<td>Estate Planning, Sections 1 and 2, 5 weeks each, page 14</td>
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<td>4:00 PM – 5:30 PM</td>
<td>The Journey from Africa to America, 8 weeks, page 11</td>
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<td>How Do I Use this Phone: Android and iPhones, 5 weeks, page 23</td>
<td>4:00 PM – 5:30 PM</td>
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<td>Herbs Really Work, Sections 1 and 2, 5 weeks each, page 18</td>
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<td>Academic Enrichment, 10 weeks, page 10</td>
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<td>Building Maintenance Basics, 8 weeks, page 13</td>
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<td>Grant Proposal Writing, 6 weeks, page 14</td>
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<td>Addicted to White: The Oppressed in League with the Oppressor, 10 weeks, page 16</td>
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<td>I AM BIGGER, 5 weeks, page 18</td>
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<td>Hair Storee, 8 weeks, page 21</td>
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<td>Sahaja Meditation, 10 weeks, page 18</td>
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<td>Strive: The Psychology of Recovery, 8 weeks, page 19</td>
<td>Creating Professional Spreadsheets: Microsoft Excel, 10 weeks, page 22</td>
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<td>Women’s Self Defense: Mshindi Vita Saana, 3 weeks, page 12</td>
<td>Optimize Your Health with Plant-Based Foods, Sections 1 and 2, 5 weeks each, page 18</td>
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<td>Self-Discovery, 5 weeks, page 19</td>
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Register Online from November 20, 2017 – March 9, 2018
ACADEMIC COURSES/IMANI

Academic Enrichment: Transition to Post-Secondary Education and Preparation for the Workforce—PASCEP0041 Also See Individual Courses

Course Fee: $50.00 (10 Weeks) Mondays – Thursdays
5:30 p.m. – 7:00 p.m. or 7:00 – 8:30 p.m.

Applicants with a GED or HS Diploma are encouraged to attend transitional subjects. PASCEP offers academic application courses to prepare you to transition to college, attend vocational school, or acquire employment. Transition courses focus on the subjects that effect your ability to pass entry exams, employer assessments and placement tests: Math 101, Transitional Math, English 101, Etymology, Creative Writing, Social Studies and Science. These courses provide academic rigor to be successful in trade schools and college. Learn to read academic texts, write academic narratives and advance your Math levels. Some textbooks provided. Applicants may take 3 courses in the academic enrichment section.

There are two requirements before a students can begin:
1) Schedule an academic coaching session to determine which classes to attend.
2) TABE Assessment for reading and math levels. Additional Resources will be provided after the academic interview and assessment. You must call 215-204-1993 or email pascep@temple.edu to schedule assessment prior to attending class.

English 101—PASCEP0040
Course Fee: $25.00 (10 Weeks) Thursdays, 5:30 p.m. – 7:00 p.m.
This course is an academic writing refresher. Students will learn to convey thoughts into written words in a clear and concise context using basic writing skills. A review of grammar and punctuation will also be covered.
Instructor: Carl Ivey III is a graduate of LaSalle University and a member of the Pennsylvania Society of Public Accountants. He is retired from the Air Force Reserve and has taught at PASCEP since 1998.

Etymology—PASCEP0009
Course Fee: $35.00 (10 Weeks) Mondays, 7:00 p.m. – 8:30 p.m.
In this course, students will be taught how to increase their vocabulary by learning the meanings of prefixes, suffixes, and root words. Etymology is derived from the Greek words “etym” meaning history/origin and “log” meaning word. Further, this course will teach students how words acquire new meanings over a period of centuries. This course will also show students the importance of understanding the denotations and connotations of words. Moreover, students will learn how to study words in their original historical context.
Instructor: Abdullah El Talib Mosi Bey earned a Bachelor of Arts degree from Glassboro State College and a Master of Social Work degree from Rutgers University’s Graduate School of Social Work.

Mathematics 101—PASCEP0101
Course Fee: $25.00 (10 Weeks) Mondays, 5:30 p.m. – 7:00 p.m.
This course is designed for the student who needs a refresher on the principles of mathematics. Students learn to read, write and interpret mathematical information; basic fractions, decimals and percent problems. Data, statistics, shapes, and measurements are included. The goal is for students to successfully build math skills for employment, high school equivalency acquisition and the transition to post-secondary education.
Instructor: Edward Coleman is a graduate of Cornell University, where he earned a Masters of Arts degree. He has been a volunteer at PASCEP since 1998. He is also a member of the Association for the Study of Classical African Civilizations (ASCAC).

Social Studies and Economics—PASCEP0110
Course Fee: $25.00 (10 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
The course will cover the study of U.S. government and economics, geographical critical thinking and graphic literacy.
Instructor: Fredia Banks is a graduate of Wilberforce University, where she earned a degree in sociology. She is currently a retired social worker from the City of Philadelphia.
Transitional Math—PASCEP0102
Course Fee: $25.00 (10 Weeks) Tuesdays, 5:30 p.m. – 7:00 p.m.
The purpose of this course is to prepare students for introductory college algebra courses. Students will gain self-confidence when attending credit bearing algebra courses in college. If you have completed your GED credential and plan to attend college or apply for apprenticeships, training, or employment, you will want to take this course to pass math assessments.

_Instructor Akil Parker_ is a 13-year veteran high school mathematics teacher in the Philadelphia Public School system. He holds a BS in finance from Morgan State University and MEd in Educational Leadership from Lincoln University. He currently teaches at Overbrook High School where his focus is geometry and statistics. He also Corporate College for Business personnel returning to school.

AFRICAN AMERICAN STUDIES/TAMBIKO

Building Community: Building Promise – PASCEP0210
Course Fee: $25.00  Section 1: (5 Weeks) Tuesdays, January 30 – February 27 7:00 p.m. – 8:30 p.m.,

Course Fee: $25.00  Section 2: (5 Weeks) Tuesdays, March 13 – April 10 7:00 p.m. – 8:30 p.m.
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.

_Instructor: Carl Anthony Daniels_ attended Lincoln University. He is a dedicated gladiator to the movement for social justice, community relations and civic engagement.

Finding Your Queen: Rites of Passage for Women—PASCEP0200
Course Fee: $40.00 (10 Weeks) Mondays, 7:00 p.m. – 8:30 p.m.
This course is for every woman who wants the opportunity to know herself culturally, confidently, and spiritually. The course is an African Centered Rite of Passage that addresses the issues of becoming one’s best self, the “Queen” self. No matter your ethnic background, there are womanly lessons that make you whole. There are 9 components to complete to be able to participate in the symbolic ceremony.

_Instructor: Vernita “Nana Vee” Terry_ is known for working to keep culture on the surface of daily life. Nana Vee trained to be a “Ritualistic Dunsini” with Dr. Kwabena Ashanti at North Carolina.

The Journey from Africa to America—PASCEP0005
Course Fee: $30.00 (8 Weeks) Thursdays, 2:30 p.m.– 4:00 p.m.
This Afrocentric course will benefit anyone interested in developing the knowledge and the tools necessary to teach African-American history and culture. The course will assist in fostering a stronger sense of self-worth and self-knowledge.

_Instructor: Lillian Green, PhD_, is a veteran teacher, retired from the School District of Philadelphia where she taught all grade levels and worked in its division of African and African American studies. She received her PhD in African American studies from Temple University.

Course Fee: $25.00 (5 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
March 14 – April 11
This course will cover how soul music of the 1960s to the middle of the 1970s was shaped and the factors that helped influence the music. The course will look at the social, economic, and geographical factors that shaped the music of the era. Finally, the course will focus on how environmental factors helped shape the music of that time and how the effects are still being felt today. What are lasting legacies of that time period? How do we learn from them?

_Instructor: Coy Campbell_ is a native of Chicago Illinois where he received a Bachelor in Psychology and Masters in Rehabilitation Administration. Mr. Campbell taught in the Indiana public school system and has taught this course at the University of Wisconsin. He is also an accomplished DJ of more than 20 years.
AFRICAN AMERICAN STUDIES/TAMBIKO, continued

REEL Racial America—PASCEP0205
Course Fee: $35.00 (10 Weeks) Thursdays, 5:30 p.m. – 7:00 p.m.
This engaging film 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.
Instructor: Dr. Sharron “Shah” Scott is the founder of REEL Education, a consulting firm that “Teaches through Technology.” Dr. Scott is a veteran K-12 educator, author, and graduate of Temple University where she teaches in the College of Education.

Rites of Passage: Young Adult Coed—PASCEP0201
Course Fee: $35.00 (10 Weeks) Mondays, 5:30 p.m. – 7:00 p.m.
Every culture celebrates the crossing over from adolescence to adulthood. This Rites of Passage will offer you an awakening to tools that will help to elevate you to a knowledgeable, empowering, and wonderful adulthood.
Instructor: Vernita “Nana Vee” Terry trained as a Comer School development specialist at Yale University, where she embraced the “whole village” concept. In 1999, Nana Vee founded the Whole Village Rites of Passage Program.

Women’s Self Defense: Mshindi Vita Saan—PASCEP 0209
Course Fee: $20.00 (3 Weeks) Wednesdays, March 14 – March 28
7:00 p.m. – 8:30 p.m.
Mshindi Vita Saana is an African System of Self-Defense. The women’s workshops use rhythm, strategy, coordination and agility to highlight traditional and contemporary movements. At its core Mshindi vita Saana reflects the graceful polyrhythms found in African dance and music. Participants will learn through lecture, hands on illustrations and participation. This informative workshop provides a realistic approach to safety and defense that is appropriate for women of all ages regardless of physical condition.
Instructor: Mr. Obadiah Mshindi is CEO of MPACA, Inc. He was born into the MVS art form. At age 11, he achieved his black level. He still occasionally judges and competes at martial arts tournaments.

BUSINESS AND PROFESSIONAL DEVELOPMENT/UJAMAA

Alternative Workforce Development Skills—PASCEP0408
Course Fee: $30.00 (5 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
January 31 – February 28
The course explains the process of working in alternative markets such as work from home, consulting and entrepreneurship. By the end of the course, they will be versed in the dynamics surrounding alternative markets as well as preparing to be successful as an employee.
Instructor: L. A. Gaskins is a licensed Realtor® at BHHS Fox & Roach Realtors. She is also a tech trainer, motivational speaker and owner of One Heartbeat Services LLC; a company that offers alternative workforce employment across the country. She graduated from Temple University with a BA in Psychology and continued at Villanova University in Project Management.

Brand Me: Social Media: E-business—PASCEP0406
Course Fee: $30.00 (5 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
This course enables students to use marketing communication strategies for self-marketing, planning and strategic personal branding. Students integrate social networking into career branding processes. The course provides instruction in the development and implementation of an effective instrument for displaying your artifacts and monitoring marketing communications strategies (“The Showcaser”) and a realistic performance metric for evaluating your career brand building activities.
Instructor: Jermaine Millhouse graduated with a Bachelors and Master Degree in Marketing and Business. He has developed marketing campaigns for top celebrities Sean P. Combs, Will Smith, Russell Simmons and more.
Building Maintenance Basics—PASCEP0403
Course Fee: $35.00  (8 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
This course provides student with entry-level knowledge and skills to be successful in a building maintenance job. Demonstration and hands on instruction affords tactile learners to begin basic understanding of building components.
Instructor Maurice Faust has been delivering trades education and training for over 20 years in a number of venues. Currently, Mr. Faust teaches Career and Technical Education for the School District of Philadelphia.

Entrepreneurship: Pitch Competition Developing Your Business Plan—PASCEP0409
Course Fee $30.00  (6 Weeks) Mondays, 5:30 p.m. – 7:00 p.m.
Building your business strategies require disruptive thinking and technology skills. PASCEP Accelerator is a new model to fund and invest in startups in the African American community. PASCEP Accelerator host a community of entrepreneurs every year to learn how to communicate their business aspirations. The cohort then competes for startup funds in a pitch competition that engages the entire community. PASCEP works with startups beyond the competition, leveraging their community to help entrepreneurship startup.
Instructor: Yahya John is a social entrepreneur committed to creating institutions that address social economic disparities and improve community life. Yahya John graduated from Morgan State University obtaining a Bachelors of Science in Community Health and a Master of Public Health from Drexel University. John turned to social entrepreneurship and he created Uni-Five. A pitch competition management tool that works with colleges and universities to help entrepreneurs create wealth and opportunity for their communities.

The Leadership Business of Technology: Disruptive Business Education—PASCEP0504
Course Fee: $40.00  (8 Weeks) Tuesdays, 7:00 p.m. – 9:00 p.m.
Become a successful entrepreneur by exploring the intersection of disruptive innovation, leadership, technology and business, and learn to drive strategic change across your ecosystem. Learn Leadership. Understand Disruptive Innovation. Develop Strategy to Succeed. Today’s leaders, specifically those in technology, (Drones, Advanced Manufacturing, etc.) need skills and understanding in all of these areas and more. With change as a constant, the key to success is learning how to set the pace for others to follow on a global scale. Gone are the days of striving to achieve a “competitive advantage.” In this course, we provide comprehensive training designed to help leaders innovate, create and disrupt the norms, while achieving a “strategic advantage” by integrating value-creating ideas—turn ideas into products in demand—across their leadership ecosystem.
Instructor: Damian D. “Skipper” Pitts, PhD, is a U.S. Marine turned business professional. Skipper is the Founder/CEO of FlexRight Solutions, a business and technology integration firm, and the manufacturing company known as EcoFlex Power, LLC. Skipper has authored more than eighteen books and several courses on leadership, strategy and drone technology. He is dedicated to teaching 21st Century leadership, disruptive innovation and execution skills to provide opportunities for employment and advancement to the community.

Don’t Get Stumped: Entrepreneurship Tools—PASCEP0401
Course Fee: $25.00  Section 1: Basic (5 Weeks)
Thursdays, February 1 – March 1, 5:30 p.m. – 7:00 p.m.
Course Fee: $25.00  Section 2: Intermediate (5 Weeks)
Thursdays, March 15 – April 12, 5:30 p.m. – 7:00 p.m.
This interactive course will teach you how to ensure your business foundation is solid. You will learn to create income, become audit proof, making sure you are compliant with the Federal, State, and City. Your business will attract investors whether you are a profit or non-profit entity.
Prerequisite for Section 2: Section 1 Basics
Instructor: Aletta Parris-Oday is the CEO of AOK Business Services, LLC.
Estate Planning—PASCEP0402
Course Fee: $25.00  
Session 1: (5 Weeks) Thursdays, February 1 – March 1
2:30 p.m. – 4:00 p.m.
Course Fee: $25.00  
Session 2: (5 Weeks) Thursdays, March 15 – April 12,
2:30 p.m. – 4:00 p.m.
Many people spend more time planning their vacations than planning their estates. Estate planning is much 
more important. It is not just planning for what happens to your property, it is about what happens to you in 
the event of an untimely accident or death. You will learn the purpose of an estate plan.

Instructor: Alletta Parris-Olday is a graduate of Strayer University with a MBA in Public Administration. She 
is also the founder of Footprints to Success.

Exploring Entrepreneurship: Changing Your Hobby into a Business—PASCEP0405
Course Fee: $35.00  
(5 Weeks) Mondays, March 12 – April 9
4:00 p.m. – 5:30 p.m.
Many people have been providing services to others or making beautiful handcrafted items as a hobby. Your 
gifts and talents can sustain you by turning your hobby into a business. This course will teach you the skills you 
already possess and build the skills you need to be successful.

Instructor: Renee Kirby is the former Associate Director of Disability Resources and Services at Temple 
University. She began her career as a recreation leader in the Philadelphia Department of Recreation 
and later founded the Temple Rollin’ Owls, a collegiate wheelchair basketball team for which she won the 
Harold K. Jacks Award.

Grant Proposal Writing—PASCEP0013
Course Fee: $30.00  
(6 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
The Grant and Proposal Writing course is designed to help community-based nonprofit organizations to plan, 
organize, write and submit applications for funding of their programs and services. Students will learn how to 
find the right funding sources that best match their organization’s mission and public policy goals. This course 
is not suitable for students interested in securing resources for small businesses.

Prerequisite: Students must be an employee of a nonprofit organization.

Instructor: Shirley Moy is the Director of the Center for Social Policy and Community Development (CSPCD) 
in the College of Public Health at Temple University. Link Martin is the Temple University Assistant Dean, 
University College Harrisburg.

How to Own Your Own Real Estate—PASCEP0045
Course Fee: $35.00  
(6 Weeks) Mondays, 7:00 p.m. – 9:00 p.m.
This course is perfect for the person who wants to purchase a home or invest in real estate. The course covers 
how to properly prepare and look for your future home or investment property. In this class, you will learn how 
to buy fixer-uppers, HUD, Fannie Mae and Freddie Mac houses.

Instructor: Annette C. Collier is a licensed real estate broker in Pennsylvania, New Jersey and Delaware.

Introduction to Non-Profit Management—PASCEP0407
Course Fee: $35.00  
(10 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
The goal of this course is to introduce those interested in nonprofit leadership and/or management to key 
terms and topics involved. It is paramount that our incoming leaders realize the business acumen needed to 
successfully manage 21st century nonprofits. The course is tailored for students guided by their hearts and pas-
sions to improve the quality of our communities locally as well as globally. Emotional intelligence, ample busi-
ness knowledge and tact are needed in order to effectively compete in neighborhoods and in the Board rooms.

Instructor: Ceciley Bradford-Jones, MS, MBA, is widely recognized non-profit executive who has a distin-
guished career in mental and behavioral health; criminal justice and business. Ms. Bradford-Jones has recent-
ly been appointed to serve as the Executive Director of the Mayor’s Office of Reintegration Services (R.I.S.E).
FAMILY ACTIVITIES/UMOJA

NGOMA: Dance Movement of the Heart—PASCEP0700
Course Fee: $30.00 (6 Weeks) Thursdays, February 1 – March 8
5:30 p.m. – 7:00 p.m.
The purpose of this course is to engage families in quality time for the body and soul. Dancing makes everyone feel better, more joyful and communicate better. Adults’ registration includes one child attendance. You may attend the class without a child. All are welcome. Classes are held at Berean Presbyterian Church at Broad and Diamond Streets.
Instructor: Ulise Monroe is a former student of Freedom Theatre, Elyon dance troupe, and a graduate of the Franklin Learning Center Dance program. She is also a line dance enthusiast.

FINANCIAL EDUCATION/UJIMA

Living on Fragments: Access Resources to Stretch Your Budget—PASCEP0506
Course Fee: $25.00 (5 Weeks) Wednesdays, January 31 – February 28
7:00 p.m. – 8:30 p.m.
Be a Connector: In Malcolm Gladwell’s book, The Tipping Point, he talks about “the” people who connect services and people. This course will teach you how to maximize the resources around you using your talents, personality, and effective communication skills. You will relieve entertainment budgets, cut clothing costs (and still be trendy), find name brand products at affordable prices, and become a valuable resource to your community.
Instructor: Jimella Monroe is a Benefits Administrator, Entrepreneurship Instructor, savvy shopper, artisan and blogger. Ms. Monroe is a recipient of the PA Women’s Bureau Business Award and certified by Network for Teaching Entrepreneurship.

Making the Most of Your Money—PASCEP0508
Course Fee: $25.00 (5 Weeks) Mondays, March 12 – April 9
5:30 p.m. – 7:00 p.m.
Famous last words, “If I had the chance to do it all over again”. How many times have you heard this phrase spoken by people who unexpectedly received a large sum of money and they started spending the money without a plan. Student will learn characteristics of a lump sum payment and based on the specific circumstances, they will learn how to apply the appropriate strategies and seek professional help. Lump sums may include: Tax Refunds, Gifts (Wedding, Graduation & etc.), Severance Package/Buyout Package, Lottery Winnings, Lawsuit Settlement/Divorce Settlement, Financial Aid Packages(Specifically student loans) etc.
Instructor: Patricia Grattis is a graduate of St. Joseph University with a degree in Management and Information Systems. He has worked for 30 years in both the public and private sectors, including banking, insurance, government, railroad and most recently in education.

Mind Your Money Matters—PASCEP0505
Course Fee: $40.00 (10 Weeks) Thursdays, 4:00 p.m. – 5:30 p.m.
You will learn the basics of financial literacy and banking in this course. Topics covered include: non-traditional financial services; being an informed consumer; buying stocks and mutual funds; investing in education, reviewing taxes and tax planning; purchasing life insurance options, health insurance, and property insurance; estate planning. Learn the history of financial institutions from Africa to China.
Instructor: Alletta Parris-Oday is the CEO of AOK Business Services, LLC.
FINANCIAL EDUCATION/UJIMA, continued

Money Smart: Breaking Out of Your Mess —A Kingdom Perspective—PASCEP0507
Course Fee: $25.00  Section 1: Basics (5 Weeks) Mondays, January 29 – February 25, 7:00 p.m. – 8:30 p.m.
Course Fee: $25.00  Section 2: Intermediate (5 Weeks) Mondays, March 12 – April 9, 7:00 pm – 8:30 p.m.
Money Smart is a comprehensive hands-on financial education curriculum designed to help low- and moderate-income individuals, enhance their financial skills and create positive banking relationships. This course is delivered according to biblical financial principles. It prepares learners to take ownership of their financial future through coaching, budget reconciliation and weekly activities to monitor financial situations. Financial education fosters the ability to manage money and stabilize individuals, families, and entire communities so they will not suffer from not having enough. Session 2 provides financial coaching for your personal situation combined with 5 weeks of personal financial planning and practice.

Instructor: Louise Anntoinette McDougal is a professional financial consultant, entrepreneur and minister. She uses her business abilities to enhance others’ practical and spiritual foundation. Ms. McDougal is a Debt Destroyer who believes we should NOT be broke.

Sick of Being Broke—PASCEP0044
Course Fee: $30.00 (8 Weeks) Tuesdays, 7:00 p.m. – 8:30 p.m.
This course is designed to share basic investing and wealth building strategies to become financially independent. Students will learn how to create wealth by understanding stocks, bonds, mutual funds, real estate, gold and how the stock market works. The course will introduce students to “Black Wall Street.” Students will also learn about retirement income planning strategies, Rich Dad Poor Dad concepts, how to retire rich, best ways to get rid of debt, and ways to start your own investment club.

Instructor: James R. Veal is founder and managing member of JRV Wealth Management Group, LLC. He has more than ten years of experience as a stockbroker and financial advisor and has worked on Wall Street. He currently conducts seminars and workshops on investing and writes financial articles for a number of community newspapers.

HEALTH AND WELLNESS/NIA

Addicted to White: The Oppressed in League with the Oppressor—PASCEP0203
Course Fee: $35.00 (10 Weeks) Thursdays, 5:30 p.m. – 7:00 p.m.
As hard as it may be to believe, all black people (regardless of age, gender, socioeconomic status, domicile, or religious and political affiliations) are “addicted” to a white value system disorder predicated on narcissism, greed, and violence, which is maintained by the historical shaming of Africans. In order to heal, Africans of “all stripes” must gather together, grounded in the self-help philosophy that nothing so much ensures immunity

WEALTHMANAGEMENTGROUP
PASCEP INVESTMENT GROUP Sponsor

“Sick of Being Broke”
from active addiction as intensive work with fellow recovering addicts. This course will introduce students to a tested protocol for recovering from white-value “addiction” and all of its self-defeating behavioral consequences. **Instructor:** Dr. Jerome E. Fox, PhD, is a graduate of Cornell University and Temple University’s Ph.D. clinical psychology program. Dr. Fox has over 20 years of experience in developing, administering, and analyzing addiction programs.

**Chi Gong and Healing—PASCEP0498**

**Course Fee:** $30.00  
(7 Weeks) Wednesdays, January 31 – March 21  
7:00 p.m. – 8:30 p.m.

This course uses the understanding of the Chinese 5 organs system and movements to heal your body, improve your productivity, and better your interactions. We will also review basic supplements to maintain optimal health. Last, we will address the nourishment and repair of the brain using healing movement and food. Chi gong is a Chinese system of breathing exercises, body postures and movements, plus mental concentration.  
**Instructor:** Saantis Fenmu Davis is an avid practitioner of Chigong movement and a health educator. He has studied the arts and alternative health for over 8 years combining information from his studies and mentors in the field.

**Discovering Your Authentic Self: Being and Becoming YOU—PASCEP0300**

**Course Fee:** $40.00  
(10 Weeks) Tuesdays, 5:30 p.m. – 7:00 p.m.

The course is based on the self-titled, grounded theory study conducted by Dr. Latisha Webb. In this course, students will be introduced to the concept of the authentic self. Next, students will learn about the internal and external motivators and hindrances within the concurrent processes of being and becoming their authentic selves. Then, students will examine the inner workings of the interdependent dimensions of their authentic selves, which are spiritual, psychological, emotional, sexual, physical, and social.

**Instructor:** Dr. Latisha Webb BS, MHS, EdD, along with her husband, William, are the co-founders of, Opportunity, Inc., and co-owners of Webb Enterprises.

**Free Your Mind, Change Your Life: The (5) Keys to Your Destiny—PASCEP0608**

**Course Fee:** $20.00  
(5 Weeks) Tuesdays, 5:30 p.m.– 7:00 p.m.  
January 30 – February 27

This workshop is designed to give key life-sustaining principles to encourage, inspire, and transform the lives of men and women who are Reentry Citizens trying to reestablish themselves in our society. Our objective is to ensure that each person in attendance leaves with an understanding that in spite of their past, they have great value to offer their communities and society as a whole. We will discuss five (5) powerful key words: How to discover your Purpose, Identify your Potential, Unleash your Passion, Change your Perspective, Plan to Prosper

**Instructors:** Curtis and Falesha McGhee, co-founders of Uncuffed Potential are gifted speakers and mentors with more than three decades of law enforcement experience within the fourth largest police department in the nation. Curtis and Falesha understand that the only way to change someone’s behavior is by changing that person’s mindset. Therefore, they are inspired to encourage as many people as they meet to keep out of the prison system by discovering their purpose in life and embark on the path to their destiny

**Discovering Your Authentic Self. Paint your own Canvas of Life,** Contact  
Dr. Latisha Webb contactdrwebb@gmail.com or 215.384.8506.
HEALTH AND WELLNESS/NIA, continued

Herbs Really Work—PASCEP0305
Course Fee: $25.00  Section 1: Basics (5 Weeks) Thursdays, February 1 – March 1, 4:00 p.m. – 5:30 p.m.
Course Fee: $25.00  Section 2: Intermediate (5 Weeks) Thursdays, March 15 – April 1, 4:00 p.m. – 5:30 p.m.

This course (Basic) will inform students about the value of herbs and their health. Students will learn about the body systems and effects of herbs on the immune, digestive and respiratory systems. The relationship of herbs and the earth to the body will be explored. (Intermediate) Provides more in depth looks at plants and the body, understanding how to grow or buy Herbs, and developing urban home-based gardens.

Prerequisite for Section 2: One of the following: Section 1, Living off the Land, or Sick of Being Sick

Instructor: Robert Black is a veteran PASCEP instructor. He has used herbs to treat and heal his personal health issues.

Hip Hop Therapy—PASCEP0307
Course Fee: $30.00  (8 Weeks) Tuesdays, 7:00 p.m. – 8:30 p.m.

Can rap music be therapeutic? In Hip Hop Therapy, rap music and Hip-Hop culture will be examined. Members of Hip Hop culture can explore how issues such as violence, mass incarceration, and drug use impact the emotional wellness of their families and communities. Students will learn cultural sensitivity/competence, therapeutic interventions and Hip Hop as a tool.

Instructor: Ronald Crawford holds a Master in Human Service degree and has worked as a drug and alcohol therapist in Philadelphia for more than 10 years. Ronald sits on the Community Action Board a research team of community stakeholders and data collection analyst.

I AM BIGGER—PASCEP0302
Course Fee: $25.00  (5 Weeks) Wednesdays, January 31 – February 28 5:30 p.m. – 7:00 p.m.

I AM BIGGER is a five-week social and academic class that creates a new perspective of what is possible, in which Self-Awareness and Self-Efficacy are two principles of emphasis. Students of the class are able to manifestation a level of Confidence, Possibilities and Respect for self and others.

Instructor: Cleous “GloWry” Young is CEO and founder of The Mountain of Miracles organization. He has written and produced several social conscious theatrical productions.

Optimize Your Health with Plant-Based Foods—PASCEP0304
Course Fee: $25.00  Section 1: Basics (5 Weeks) Thursdays, February 1 – March 1, 7:00 p.m. – 8:30 p.m.
Course Fee: $25.00  Section 2: Intermediate (5 Weeks) Thursdays, March 15 – April 12, 7:00 p.m. – 8:30 p.m.

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.

Instructor: James Mitchell has been a vegetarian since 1983. He opened several vegetarian venues including Cafe Mills Vegetarian, Vegan and Heart Healthy Foods, Cafe Mills Your Point Destination, and V spot on Main Street in Manayunk.

Sahaja Meditation—PASCEP0024
Course Fee: $35.00  (10 Weeks) Wednesdays, 7:00 p.m. – 8:30 p.m.

You will learn about your own subtle system and how to meditate in thoughtless awareness, reaching that inner state of peace and joy. Each energy center has its own special qualities. You will learn about each of these qualities, how to diagnose the state of your energy centers and the techniques that will keep them in balance. This class will teach you how to develop strong attention that minimizes the stress and strain that comes with everyday living.

Instructor: Dorothy Logan is a student of Shri Mataji Nirmala Devi and has practiced Sahaja Meditation for fifteen years. Sharing this unique and simple way of meditation with mankind is her way of saying thanks to the universe.
Self-Discovery—PASCEP0035
Course Fee: $35.00 (5 Weeks) Thursdays, March 15 – April 12, 7:00 p.m. – 8:30 p.m.
This course may help you discover your purpose in life. Students will learn to access their higher mind through meditation, vocal profiling, and reverse speech. This course will also explain the importance of cosmic blueprint (i.e., natal chart) ingesting proper nutrition and engaging life affirming exercise (Qi gong).
Instructors: Shema'yah Bey is a screenwriter, author, and Bio Acoustic researcher. He is the former co-host of Astrologically Speaking on WURD. Vonda Kline is a former body building champion, health and fitness trainer, and certified reflexologist. Vonda has trained and studies spiritual development.

Sick of Being Sick?—PASCEP0012
Course Fee: $35.00 (10 Weeks) Mondays, 7:00 p.m. – 8:30 p.m.
Most doctors agree that chronic degenerative diseases, such as diabetes cannot be cured with prescription drugs. That is because they are caused by the nutritional deficiencies of the standard American diet. This course will show you how to treat your chronic disease with the biblical cure: fruits, vegetables, and water.
Instructor: Bill Young is a certified holistic nutritionist, a member of the American Association of Diabetic Educators and a certified reiki practitioner.

Strive: The Psychology of Recovery—PASCEP0050
Course Fee: $35.00 (8 Weeks) Wednesdays, 7:00 p.m. – 8:30 p.m.
This course uses a combination of philosophy and metaphysics as an approach to address psychological disharmonies that are experienced daily by people of all lifestyles. The process of recovery is defined and examined. Several principle wellness action plans and approaches are used as educational tools such as the STRIVE Motivational Recovery Model, color therapy and laugh therapy.
Instructor: Fatima Abdul Johnson, DM, RM, PhD, is the CEO and founder of S.T.R.I.V.E. Motivation, Inc., a nonprofit organization providing recovery support, counseling and advocacy for individuals in recovery from mental illness and substance abuse.

Walking Into the Rainbow: The Path to Spiritual Development—PASCEP0054
Course Fee: $35.00 (10 Weeks) Thursdays, 5:30 p.m. – 7:00 p.m.
If you are curious about spiritual development, yet have no prior knowledge or experience, then this class is for you. This class will present ancient sources for spirituality, such as auras, chakras, and spiritual communication, in a slow, practical, and safe step-by-step workshop. The class adopts information from many religions, spiritual philosophies, and sciences in order to demonstrate the spiritual exploration and examination taken up by initiated practitioners and priests/priestesses. This course will also explore the historical dynamics of dance, music, and art in spiritual development.
Instructor: Betty Alridge is a Yoruba priestess of Shango and Egun for more than 40 years, a professional dancer, teacher, and choreographer for 30 years in Philadelphia. Betty received her Bachelor of Fine Arts degree in dance from Temple University and has taught both in the University and with PASCEP.

Zumba: Letting it Move You—PASCEP0301
Course Fee: $25.00
Section 1: (5 Weeks) Wednesdays, February 1 – March 1, 4:30 p.m. – 5:30 p.m.
Section 2: (5 Weeks) Wednesdays, March 15 – April 12, 4:30 p.m. – 5:30 p.m.
The ability to combine fitness with dance is a win-win. This is a high energy class that also gives you an overall good workout. With Zumba, it is all about “Letting It Move You” and “Dancing Like No One Is Watching.” This class is appropriate for all ages and stages of life. So, let’s jam!
Instructor: Lynette M. Oguntayo is a certified Zumba instructor. She enjoys fitness and is an employee of Temple University Health Sciences.
LANGUAGE STUDIES/KUUMBA

American Sign Language—PASCEP0014
Course Fee: $35.00 (10 Weeks) Tuesdays, 7:00 p.m. – 8:30 p.m.
This ten-week course is designed for students who have no previous knowledge of American Sign Language (ASL).
Instructor: Baron Roane attended the Philadelphia School for the Deaf and was an outstanding student in the Pan-African Studies Community Education Program’s American Sign Language course.

Basic Arabic—PASCEP0001
Course Fee: $35.00 (10 Weeks) Mondays, 5:30 p.m. – 7:00 p.m.
This introductory course covers grammar, writing and conversational Arabic. The instructor will provide information about the different forms of Arabic letters and the vocalization of each letter.
Instructor: Hajji MuMin Abdullahjihad attended Muslim Teachers College; Randolph, Va. He has taught Introductory Arabic for two decades (Montgomery and Philadelphia Masajid) and provided assistant instruction with Yahya Abdul-Malik at PASCEP since 2014.

Conversational Spanish—PASCEP0055
Course Fee: $35.00 (10 Weeks) Mondays, 7:00 p.m. – 8:30 p.m.
This course is for students who have a basic knowledge of Spanish and desire to engage in normal, everyday conversations with Spanish speakers. The course will provide language practice and exposure to Hispanic culture as well.
Instructor: Janice Smith holds a Bachelor’s degree from The Pennsylvania State University and has earned a Master’s degree in human services from Lincoln University.

Introduction to Spanish—PASCEP0006
Course Fee: $35.00 (10 Weeks) Tuesdays, 5:30 p.m. – 7:00 p.m.
This course is for students who wish to acquire a basic knowledge of Spanish and to be able to engage in normal, everyday conversations with Spanish speakers. The course will provide some exposure to Hispanic culture as well.
Instructor: Janice Smith holds a Bachelor’s degree from the Pennsylvania State University and has earned a Master’s degree in human services from Lincoln University.

Introduction to Yoruba—PASCEP0056
Course Fee: $40.00 (10 Weeks) Wednesdays, 5:30 p.m. – 7:00 p.m.
This is an elementary course in the Yoruba language. Yoruba belongs to the family of the West African: Niger-Congo linguistic grouping. This class will provide each student the chance to discover the linguistic components: the phonetics, morphology, syntax and semantics of Ebonics or its forms. The Yoruba is unique and alive in the epic memories of the Africans in the Americas as seen in Brazil, Cuba, the Caribbean and the United States. This Yoruba class introduces the student to the basic factors of Yoruba linguistics and more.
Instructor: Abayomi Oladeinde holds a Bachelor’s degree in education, Master of Social Work degree from Temple University and is a doctoral candidate in educational leadership and behavioral health at Grand Canyon University.

PERSONAL DEVELOPMENT AND ENRICHMENT/KUJICHAGULIA

Basic Design/Sewing—PASCEP0037
Course Fee: $40.00 Section 1 (8 Weeks) Tuesdays, 5:30 p.m. – 7:00 p.m.
Course Fee: $40.00 Section 2 (8 Weeks) Tuesdays, 7:00 p.m. – 8:30 p.m.
This course will teach zipper setting, button hole making, seaming and hemming using the sewing machine. Students will also learn how to pick fabric, patterns and notions. Students will have fun creating their own fashion statement, whether in a garment, tote bag or other item. Tips on entrepreneurship will be included. FABRIC IS PROVIDED.
Requirement: Students should bring a portable sewing machine to class.
Instructor: Rebecca Gaskin is a retired professional freelance fashion designer. For more than 30 years, she has coordinated fashion shows and has consulted for weddings and churches.
Crochet: Basic and Beyond—PASCEP0047
Course Fee: $35.00 (10 Weeks) Tuesdays, 7:00 p.m. – 8:30 p.m.
This course will assist students in making dolls, table runners, garments and afghans. They will learn to create jewelry, sculptures, and much more.
Instructor: Cora Williams is a master crochet artist who has over 30 years of experience in the art. She also specializes in crocheted jewelry and dolls.

Dreamcatchers: F.L.A.V.O.R. Your Dream—PASCEP0600
Course Fee: $25.00 (5 Weeks) Tuesdays, March 13 – April 10, 7:00 p.m. – 8:30 p.m.
Prepare for your success and purpose. This course outlines the process by which one can identify their dream goals and then apply the necessary steps to making them a reality. The course provides the step-by-step process of planning, implementing and management of the ideas, the funding, and maintenance of the dream for personal and business development.
Instructor: Kelly Greene-Adams is a mental health therapist and entrepreneur of a small business support company called F.L.A.V.O.R.d since 2008. Mrs. Adams provides administrative support to small businesses and nonprofit organization to ensure legal, financial, and maintenance compliance.

Exploring Your Inner Artist—PASCEP0602
Course Fee: $30.00 (5 Weeks) Thursdays, March 13 – April 10, 5:30 p.m. – 7:00 p.m.
Explore your creativity and learn painting techniques and different styles of painting in this class. Learn to use a cultural palette to create beginner mix-media paintings, West African and personal iconography. Students should bring basic art supplies (a list will be provided). No previous experience required.
Instructor: Michael Clemmons is a visual artist/curator (The Colored Girls Museum) and the Associate Director (Workforce Development) of Temple University's Center for Social Policy and Community Development; with 30 years experience in community engagement and the arts.

Hair Storee: African Hairstyling—PASCEP0027
Course Fee: $30.00 (8 Weeks) Wednesdays, 7:00 p.m. - 8:30 p.m.
Through lecture, discussion, visuals, hands-on experience and self-reflection, students will be provided with information about natural hair care, history, braiding styles and elementary braiding techniques.
Instructor: Exavia Love is the owner of Island Makeover, a company that manufactures natural hair products.

How to Publish Your Own Book—PASCEP0036
Course Fee: $35.00 (8 Weeks) Thursdays, 4:00 p.m. – 5:30 p.m.
Publishing requires diligence, focus and the ability to see the book as the final product. Each week there will be lessons and assignments that will assist in the process. In the end, the students will understand how to self-publish and create and market their books. Students should have begun to write their manuscripts to receive full benefit from this class.
Instructor: Ann P. Martin received a Master in Social Work from the University of Pennsylvania. She is a retired program analyst and social worker with the City of Philadelphia. She is an author and publisher.

From Law 101 to Civic Empowerment—PASCEP0604
Course Fee: $35.00 (10 Weeks) Thursdays, 5:30 p.m. – 7:00 p.m.
This course will give you basic understanding of our legal system and laws that affect us every day like contracts, landlord-tenant, criminal, employment, etc. while helping you explore the role you play in it. Learn legal infrastructure and fundamentals for developing a strategy to address social ills. The course includes learning substantive areas of the law such as criminal, custody, contracts, and constitutional law examining one’s own life and social map to create a plan. You will be provided with tools and resources to navigate our legal and political systems.
Instructor: Karla L. Cruel Esq. is a graduate of Drexel University, St. Joseph's University, and Drexel's Thomas Kline School of Law. A former high school math teacher, now turned attorney, she focuses her work on empowerment through legal education.
PERSONAL DEVELOPMENT AND ENRICHMENT/ \textit{KUJICHAGULIA}, continued

Orange is the New Black: An Inside Look at Reentry for Returning Citizens & Communities—PASCEP0605

Course Fee: $20.00  
Section 1: (5 Weeks) Wednesdays, January 31 – February 28, 5:30 p.m. – 7:00 p.m.

Course Fee: $20.00  
Section 2: (5 Weeks) Wednesdays, March 14 – April 11, 5:30 p.m. – 7:00 p.m.

This course shall provide an inside look into reentry and help returning citizens, people with criminal backgrounds, and the general public. The course purpose is to teach participants how to understand and navigate our criminal justice system. It will also provide effective dialogue and frank and open discussion regarding relevant topics to address participant’s challenges.

\textbf{Instructor: Jeffrey Abramowitz} was a civil trial lawyer in Philadelphia for over 20 years when several poor choices led to a federal indictment and a sentence of five years in the custody of the Federal Bureau of Prisons. Jeffrey is a director of adult education and has been instrumental in blending adult education and workforce development programs through an upskilling clinic at PA CareerLink. Jeff also co-facilitates the Temple University New Opportunities workshops.

Reclaim Your Time: Time is Money—PASCEP0601

Course Fee: $20.00  
(3 Weeks) Thursdays, March 29 – April 12, 5:30 p.m. – 7:00 p.m.

Time is a non-renewable resource. You can use it or lose it. You have all the time you need to get your priorities accomplished. It is just a matter of changing your perspective and acting more effectively. Learn to see time in several different ways so you can design a system that works for you daily, weekly, monthly or in a time crunch. Claim your time! This course is intended for professional and personal growth.

\textbf{Instructor: Yvonne B. McCoy, MBA}, is the founder of ADEPT Coach & Consultant, a professional coaching company.

Throw the Fish Back In: Domestic Violence Awareness—PASCEP0606

Course Fee: $25.00  
(5 Weeks) Tuesdays, March 13 – April 10, 7:00 p.m. – 8:30 p.m.

Are you tired of being involved in long term dead end, often times verbally, emotionally, physically, and sexually abusive relationships? If your mate was a fish, you would “Throw the fish back in.” Infinite Achievement Movement (I AM) Initiative presents this course on dating and domestic violence prevention/awareness.

This course is intended to provide individuals with skills sets to move their lives to self-sufficiency and healthy relationships.

\textbf{Instructor: Gwendolyn M. West-Sutton} grew up in the Temple University area. She has an Associates degree from Community College of Philadelphia and Bachelor’s degree from Temple University. Mrs. West-Sutton is a 20-year veteran employee of the Pennsylvania Department of Human Services and the Executive Director of the Community Empowerment Group, a nonprofit organization, since 2012.

TECHNOLOGY/ \textit{TEKNOLOJIA}

Creating Professional Spreadsheets: Microsoft Excel—PASCEP0003

Course Fee: $40.00  
(10 Weeks) Thursdays, 7:00 p.m. – 8:30 p.m.

This course focuses on the fundamental concepts of how to create stunning and effective spreadsheets using Excel. All of the basic terminology, concepts and techniques are learned as students create workbooks.

\textbf{Instructor: Maurice E. Kennedy Jr.}, is a senior programmer analyst, database administrator and corporate trainer with a career that spans more than 30 years. He has numerous industry level IT certifications.
Developing Dynamic Databases: Microsoft Access—PASCEP0048  
Course Fee: $40.00  
(10 Weeks) Tuesdays, 7:00 p.m. – 8:30 p.m.

Students will learn the methodology to create and support Access database end-user applications that are menu-driven, fully-functional, intuitive, effective and efficient.

**Prerequisites:** An administrator desktop or notebook PC account. A complete installation of Microsoft Office 2010.

**Instructor:** Maurice E. Kennedy Jr., is a senior programmer analyst, database administrator and corporate trainer with a career that spans more than 30 years. He has numerous industry level IT certifications.

How Do I Use This Phone: Android and iPhones—PASCEP0060  
Course Fee: $35.00  
(5 Weeks) Wednesdays, March 14 – April 11, 4:00 p.m. – 5:30 p.m.

Students will learn how to use androids and i-Phones. Instructions for downloading apps for health, finance tracking or personal entertainment will be demonstrated. Learning about cell phones and their features is essentially important purchase of the cell phones and the cost of plans for efficient use.

**Instructor:** Jermaine Millhouse graduated with a Bachelors and Master Degree in Marketing and Business. He has developed marketing campaigns for top celebrities Sean P. Combs, Will Smith, Russell Simmons and more.

Introduction to Computer Basics—PASCEP0017  
Course Fee: $25.00  
(5 Weeks) Tuesdays, March 13 – April 10, 5:30 p.m. – 7:00 p.m.

This course is designed to teach students how to create documents using Microsoft Word, create spreadsheets using Excel and create presentations using PowerPoint. Students will learn through hands-on practice using Microsoft Applications

**Instructor:** Joanne Brogden has an MBA in computer sciences from Temple University. She works as a manager supporting systems at the university. She also teaches business applications to undergraduates at Pierce College of Philadelphia.

Introduction to Personal Computers Intermediate—PASCEP0018  
Course Fee: $40.00  
(10 Weeks) Thursdays, 5:30 p.m. – 7:00 p.m.

Take this hands-on, introductory course to discover the world of computers. Students will learn the basics and background of personal and work computers. Windows 10 operating system is the current system used for employment. Learn how to efficiently use your computers for organizing your work or home task, cleaning your computer for productivity and maximizing your effectiveness when performing technology task at work.

**Instructor:** Olayinka Olaibinjo is a senior technical support specialist for Temple University. He has more than 7 years of experience in computer science and information technology. Among his degrees are a PhD in bioinformatics from Temple University and a BA degree from Drexel University in computer science.
COMMUNITY THURSDAY WORKSHOPS

African American History Month Workshop—PASCEP0901
Course Fee: Free
Section 1: Thursday, February 8, 5:30 p.m. – 7:00 p.m.
Section 2: Thursday, February 15, 5:30 p.m. – 7:00 p.m.
PASCEP will present interactive workshops and networking sessions to celebrate Black History Month Session contents TBD, will be announced in January.

Credit Education and Financial Literacy (Building your financial stability)—PASCEP0022
Course Fee: Free (2 Weeks) Thursday, March 1, (Teleconference)
5:30 p.m. – 7:00 p.m.
Thursday, March 8, (Facilitated Webinar at PASCEP classroom)
5:30 p.m. – 7:00 p.m.
The purpose of this workshop is to assist and educate individuals who are facing credit issues such as judgments, foreclosure, bankruptcy, collections, lateness or student loans. The goal of this workshop is to help individuals get back on the right track.

Instructor: Ella Butcher is the founder/president of Butcher Investors, LLC, and Peaches and Cream Foundation, Inc., a mentoring/dance program for girls 11–17 years of age. Her experience includes assisting individuals with credit issues, to help them qualify for mortgages and other types of loans. She is also the author of “Credit Diary.”

Mental Health First Aid—PASCEP0900
Course Fee: Free
Section 1: Adult
Thursday, February 22 and March 1, 5:00 p.m. – 9:00 p.m.
Section 2: Youth
Thursday, March 15 and March 22, 5:00 p.m. – 9:00 p.m.
Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. A certificate is awarded to successful completers.

Instructor: Department of Behavioral Health and Intellectual Disability Services
Transition to Post Secondary Education and Training—PASCEP0905  
Course Fee: Free  Thursday, March 29, 5:30 p.m. – 7:00 p.m.  
This course will introduce participants to resources and organizations for advanced education and training. GED and HISET Assessments are explored, explained, and resources provided to pass secondary assessments. Information pertaining to college entry and reentry, vocational education, training programs and apprenticeship are provided. Many organizations will be on hand to speak to organizations and individuals pertaining to academic goals.

Workforce Development: Job Readiness and CareerLink—PASCEP0903  
Course Fee: Free  Thursday, April 12, 5:30 p.m. – 7:00 p.m.  
The PA CareerLink systems connects to employers in the tri-state area. This system has the ability to prepare and refer participants to paid training programs. This workshop will introduce you to the resources available online and at Careerlink centers across Philadelphia. Presentations by unions, employers and training providers are a focus of this workshop. A mini career fair rounds out the workshop.

Reentry Resources and Information—PASCEP0902  
Course Fee: Free  Thursday, March 8, 5:30 p.m. – 7:00 p.m.  
PASCEP is positioning itself to provide access to services for returning citizens. To provide access for returning citizens, collaborations among many agencies must occur to meet the need of those returning from the prison system. In collaboration with dedicated partners focused on the reentry population, this workshop will provide connections for participants. Systems to assist with education, training, support and employment have come together as a hub in North Central Philadelphia. As a support center, this workshop will introduce you to the partners and resources available through PASCEP and collaborating organizations.

The views and opinions of instructors do not necessarily represent those of the Pan-African Studies Community Education Program of Temple University.

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