

Greater New Bedford Regional Vocational Technical High School

GNB Adult Education WORKSHOPS

Can't commit to 8 weeks? Try our ALL NEW Workshops

Go to our website for full descriptions

Living the Natural Lifestyle with Essential Oils & Aromatherapy: Jean Canastra

- ◆ Introduction to Essential Oils - Mon 9/24 6:30-9:30pm - \$40
- ◆ Natural Cleaning - Mon 10/1 6:30-9:30pm - \$40
- ◆ Skin Nourishing - Mon 10/15 6:30-9:30pm - \$40
- ◆ Stock Blends and Steam Inhalations - Mon 10/22 6:30-9:30pm - \$40

Culinary Skills: Henry Bousquet

- ◆ Knife Skills – Mon 9/24 6:30 - 9:30pm - \$40
- ◆ 30 Minute Meals – Mon 10/1 6:30-9:30pm \$40
- ◆ Fall's Savory Bounty - Mon 10/15 6:30-9:30pm - \$40

Floral Centerpieces: Darlene Azadnia

Go home each week with a unique arrangement while learning different techniques.

- ◆ Tape Grid Method – Tue 10/2 6:30-9:30pm - \$65
- ◆ Wire Mesh Method – Tue 10/9 6:30-9:30pm - \$65
- ◆ Floral Foam Method – Tue 10/16 6:30-9:30pm - \$65
- ◆ Seasonal Centerpiece – Tue 10/23 6:30-9:30pm - \$65



Social Media & Technology

- ◆ Understand My iPhone & its Apps - Ben DosSantos - (2 week session) - Wed 10/3 & 10/10 6:30-9:30pm \$60
- ◆ Twitter Basics – Serena Lopes - Mon 10/15 6:30-9:30pm \$40
- ◆ Instagram Basics - Serena Lopes - Mon 10/1 6:30-9:30pm \$40
- ◆ LinkedIn 101- Serena Lopes - Wed 9/26 6:30-9:30pm \$40
- ◆ Social Media for Small Business - Wed 10/10 6:30-9:30pm \$40
- ◆ Social Media Identity Protection - Wed 10/17 6:30-9:30pm \$40
- ◆ Using My Ipad - Ben DosSantos - Wed 9/26 6:30-9:30pm \$40
- ◆ Understand my Mac! – Ben DosSantos - Wed 10/17 6:30–9:30pm \$60

Professional Skills

- ◆ Resume Building – Wed 10/17 6:30 – 8:30pm \$30

Carpentry Skills

- ◆ Molding & Interior Trims - (4 week session) – Wed 9/26, 10/3, 10/10, & 10/17 6:30–9:30pm \$120
- ◆ Woodcarving - Mike Weydt - (3 week session) – Wed 10/3, 10/10, & 10/17 6:30-9:30pm \$80

Automotive

- ◆ Motorcycle Knowledge & Maintenance - Scott Brooks (3 week session) Wed 10/3, 10/10, & 10/17 6:30-9:30pm \$70

Same price for all students (no senior or residential discounts for workshops)