

# PORTLAND COMMUNITY COLLEGE COMMUNITIES

SUMMER 2022

## A New Reality

**PCC uses virtual reality to train  
next wave of health care workers**

see page 4



**Portland  
Community  
College®**

**PCC Community Ed**

**Classes held remotely  
and in person**

June – September (pages 7 – 51)

**Registration opens**

June 1

PCC COMMUNITY ED

# Summer Teen Program

AGES 12 TO 17



Art



Computers



Cooking &  
Food Science



Finance



Metal Crafts



Music



Nature &  
Science



Writing



**You've watched all the how-to videos.  
Now get hands-on experience  
to master that new skill.**

CHECK OUT PAGES 44 – 46 OR VISIT:

**[pcc.edu/community/teen](http://pcc.edu/community/teen)**



**PCC Community Ed**



# A New Beginning in North Portland

In 2016, the community celebrated the end of another bond-funded construction project – the Cascade Campus Library. The momentous occasion also marked the beginning of the Center for African American Community History, which was dedicated to longtime neighborhood leader and educational champion Evelyn “Evie” Crowell.

The late Evie Crowell was a trailblazer for Portland’s Black community. A teacher and librarian for Portland State University for most of her career, she was the first Black woman to lead the YWCA of Greater Portland. The Evelyn Crowell Center for African American Community History tells the story of African Americans in North and Northeast Portland through words, pictures and artifacts. The center can be visited at the Cascade Library in North Portland. ♦

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# Degrees to Success

## PCC, Linfield create pathway to bachelor's degrees for first-generation students



Graciela Quinto Alfaro, PCC alum

**G**raciela Quinto Alfaro and her twin sister, Gabriella, were raised by a single mother. Things had always been tight financially, but neither would let that stop them from getting an education.

When her sister attended a four-year college, Alfaro could see firsthand how the costs of higher education impacted her family – from loans to student debt to the high costs of on-campus living, university life is expensive. She knew the odds of attending a four-year institution without accumulating debt would be impossible.

“I needed to help my mother with bills, and my only opportunity to attend a university would be near our home,” said Alfaro.

Anthony Schaw of Hillsboro could relate, too. He never thought he could attend a respected private college due to the cost of tuition and dorm living. As a low-income, first-generation college student, Schaw always believed attending a great four-year university was only a dream.

“My original plan was to transfer to a public university as I viewed it as the most affordable option for myself,” he said.

Future Connect is a support program for students who identify as first-generation or low-income. It provides them with ongoing support through scholarships, career guidance and personalized advising.

And, complementing this effort, a partnership between Portland Community College and Linfield University changed the trajectory of the PCC Future Connect Program graduates’ post-secondary journeys. The agreement provides a dozen Future Connect students with scholarships to attend Linfield to earn their bachelor’s degrees.

“This partnership has led to many scholarships for underrepresented students,” said Josh Laurie, College Success Program director. “We are excited that so many grads have benefited and shown others how to succeed at college.”

The agreement extends similar support services to the students’ time at Linfield, increasing access to post-secondary education and training, as well as providing an opportunity to earn a bachelor’s degree without accumulating a lot of debt.

“PCC students have tenacity and perseverance and bring a wealth of experience to our Linfield community,” said Gerardo

“PCC students have tenacity and perseverance and bring a wealth of experience to our Linfield community. Partnering with PCC’s Future Connect Program is a no-brainer, as students receive excellent coaching and are positioned for success as they make their transition to a four-year university.”

— Gerardo Ochoa, Linfield Associate Vice President of Retention and Student Success

Ochoa, Linfield’s associate vice president of retention and student success.

“Partnering with PCC’s Future Connect Program is a no-brainer, as students receive excellent coaching and are positioned for success as they make their transition to a four-year university.”

Both Schaw and Alfaro thrived at Linfield thanks to the support. They were also part of the inaugural class of Oregon’s

first (and only!) chapter of Alpha Alpha Alpha, a national honor society for first generation students.

After earning her associate degree at PCC, Alfaro completed a bachelor’s degree in marketing in 2021 at Linfield.

“It made a huge difference in my life,” said Alfaro. “I was involved in a few programs at Linfield and I met some great people, especially those who received the same

scholarship as me. We attended school events, studied, cooked and ate together. I believe this scholarship has helped me come out of my shell and not to be afraid to ask for help.”

Schaw said the Linfield scholarship was a dream come true. Instead of settling, the scholarship made it possible for him to attend a respected, private university with all of his tuition expenses covered, as well as half of his housing costs. Schaw earned his Associate of Arts Oregon Transfer degree through PCC, allowing him enough credits to graduate within two years at Linfield with a bachelor’s degree in business.

“All of these opportunities allowed me to make new connections and form new friendships at Linfield, which made being away from home for the first time in my life easier,” Schaw said. “I think the key aspect of this scholarship was that it allowed me to experience a small, private school setting, which I never thought I would ever have had the chance to experience.” ♦



Anthony Schaw, PCC alum

## Future Connect Scholarship Program

Future Connect is a scholarship and support program for first-generation or low-income students. Through scholarship money, career guidance, and personalized advising, students are able to find success in degree completion.

Learn more: [pcc.edu/future-connect](https://pcc.edu/future-connect)



Students can use the VR suite to practice scenarios in the comfort of the simulation center.

## Thanks to bond improvements, PCC's new VR training suite is up and running

The field of Emergency Medical Services is facing a new kind of reality – a virtual one.

Portland Community College's Emergency Medical Services (EMS) Program is using pristine Oculus Virtual Reality (VR) headsets to better train students for the variety of emergency scenarios they will face in real life. This VR training suite is part of Cascade Campus' Medical Simulation Center, which opened this past academic year to students.

The 2,200-square-foot center is the latest development in health care simulation to assess student readiness before they treat real patients in a hospital or an ambulance. Typically, PCC trains several hundred Emergency Medical Technicians (EMTs) and about 25 paramedics every year.

"The value of simulation in health care training is immense," said Robert Victorino, EMS Program specialist. "It allows for both computer-based and VR headset delivery of EMS scenarios. Virtual reality in health care training has been around for probably 10 years, but platforms specifically for EMS have been non-existent or very limited. As the technology and programming have become cheaper, it has opened up VR to our discipline."

The Cascade Medical Simulation Center was funded by the 2017 bond to expand health professions by developing new interactive training spaces. The lab features three patient care spaces: one ambulance and two ICU nursing rooms, as well as two debriefing rooms.

There are isolated control rooms allowing instructors to conduct training, observe and record students during the scenarios.

This is done through an integrated audio-visual and technology system that provides easy playback of the recordings within two dedicated debrief rooms.

A new cloud-based learning management system gathers the simulation recordings and provides students and staff access from anywhere. This system, which enables faculty to evaluate and debrief with students in greater detail on proper



medical protocol and technique, also allows staff to gather extensive data on student improvements, equipment and space usage.

The VR simulation suite is funded by a grant from retired President Mark Mitsui's Immersive Education Pilot Project that spurs training innovation within PCC's career-technical programs. The suite sports a large format flat-screen monitor and ceiling speakers where instructors play videos of street scenes to simulate real-life conditions as the students wear the headsets. In addition, ceiling-mounted cameras and microphones record the scenarios for playback and review by students.

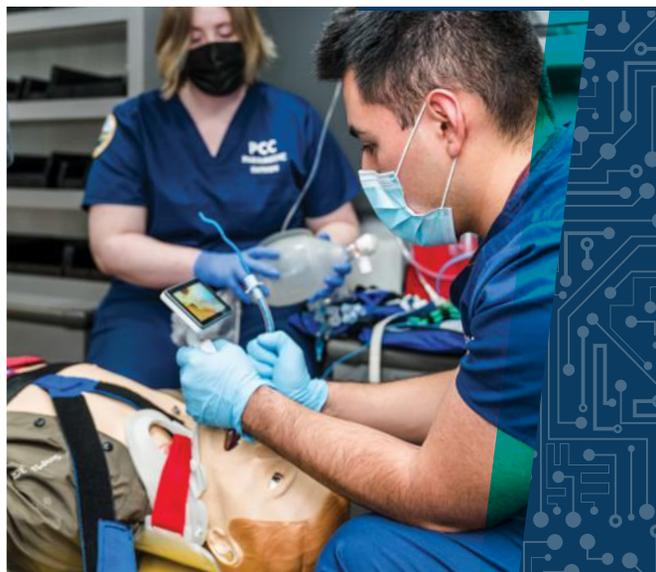
Victorino builds clinical case scenarios based on the calls he receives as a practicing paramedic with Skamania County EMS in Washington. He shares them with students in a realistic, real-time virtual environment that is repeatable and allows for mistakes. This leads to a higher likelihood for success when students work with real patients, said Victorino.

The simulation center allows for collaboration. The Nursing Program is sharing the space until the Sylvania Campus

Health Technology Building improvements are completed next year, also through voter-approved bond funding. This move was critical for the program as it allows nursing staff to develop a curriculum and use the state-of-the-art training rooms. These resources could be immediately implemented for students experiencing clinical loss associated with the fifth wave of the pandemic.

"We were able to resume our regular simulation curriculum offered to all students in the program," said Jane Palmieri, interim nursing director. "Additionally, we are able to utilize the space to create clinical replacements when we experienced the loss of over half of our hospital clinical placements for the class of 2022. The larger debrief spaces at Cascade Simulation Center offer more options than our previous location, so we were able to accommodate all our students."

When the Nursing Program's new space is completed at Sylvania, the Cascade Medical Simulation Center will become a full-time facility for the EMS Program.



Simulation includes a true-to-life ambulance.

"Simulation is a proven method for education," Victorino added. "This space is an invaluable asset to PCC students from all health care disciplines." ♦

## Cascade Bond Improvements

The Medical Simulation Center is one of many upgrades contributing to student success at the campus. Additional improvements include wayfinding, public safety, the auditorium's audio/visual systems and campus technology.

Learn more:  
[pcc.edu/bond-cascade](https://pcc.edu/bond-cascade)

The value of simulation in health care training is immense. It allows for both computer-based and VR headset delivery of EMS scenarios.

— Robert Victorino, Emergency Medical Services Program Specialist

# A World of Water

Cody Lees teaches in the field of water features and irrigation systems

Talk about starting a rewarding career early. As a teenager, Cody Lees was always on the lookout for landscaping jobs to earn some extra cash. This led to finding his calling right away – irrigation.

“My very first job was actually changing irrigation pipes in farm fields at the age of 12 or 13,” said Lees, who works as one of Portland Community College’s irrigation technicians. “We had a city bus driver who did landscaping as a side gig. So I eventually started working for him at about 15 years old and all the way through my high school years.”

This introduction to the industry led Lees to work as an all-encompassing landscaping installer in the 1990s before finding employment in the 2000s as an irrigation repair tech. In this role, he maintained sprinklers, water features and landscape lighting. The work caused him to travel all over the West – Oregon, Montana, Idaho and Washington – and eventually to running his own business.

A few years ago, Lees joined PCC to apply his expertise in overseeing the sprinkler systems, as well as general grounds maintenance, at the college’s eastside campuses. His job consists of one part irrigation expert and one part computer technician. He uses computerized systems to monitor sprinkler systems and ensure PCC is hitting sustainability goals by controlling water usage. He can also shut



“All water features come with maintenance. ... The good news is, after you learn a few techniques, caring or repairing water features is pretty easy.”

— Cody Lees, Community Ed Instructor

down systems with a touch of a finger and make necessary repairs.”

His love of irrigation has brought him to another stage of his career – teaching. Lees is using this expertise to teach a non-credit class with PCC Community Education that is centered on showing people how to maintain their own water fountains or features in their backyards (see page 24).

“If you don’t take care of them you lose the beautiful look from them fast,” he said. “If you really ignore the maintenance, then you start getting mechanical issues within a couple years, which can be very costly to repair.”

Lees explores the basics of cleaning water features without damaging them, preventing debris intrusion, controlling algae and critters, and how to perform minor repairs. Based at the Rock Creek Campus, he even takes his students on tours of campus water fountains for hands-on demonstrations.

“Students can apply these tactics on their own water features or they may be wanting to decide if they even want one,” he added. “All water features come with maintenance, but the care you take can minimize the maintenance tremendously. The good news is, after you learn a few techniques, caring or repairing water features is pretty easy.” ♦

## Explore Community Ed

PCC’s Community Ed Program offers hundreds of non-credit personal enrichment classes each term and enrolls more than 20,000 students each year. [Learn more: pcc.edu/communityed](https://pcc.edu/communityed)

# YES!

## There's still time.

### And we're applying to PCC!



#### CHECK OUT YOUR OPTIONS:

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- ◆ Save on a quality education by paying **up to 87% less** than four-year universities
- ◆ Find **your community** through clubs, sports, resource centers, and other activities
- ◆ Get **one-on-one help** during the admissions and enrollment process

#### WHAT WILL YOU SAY YES TO?

[PCC.EDU/YES-TO-PCC](https://pcc.edu/yes-to-pcc) →



This fall, Portland Community College will offer a full in-person class schedule, in addition to our online and remote course options. Academic and student success services will also be accessible on-site or online.

# Foundational Support

## PCC Foundation scholarships, new weld shop spark success

After a long journey with many challenges, Mariya Hawkins is on her way to becoming a professional welder. This is in great part due to the PCC Foundation, whose scholarships enabled Hawkins to make ends meet so she could stay on track with her studies in Portland Community College's Welding Program.

Last year, the foundation awarded 1,600 scholarships to students who otherwise might not be able to afford college.

"Because of support from the PCC Foundation, I've been able to explore more in my field and gain the skills I need to succeed professionally," said Hawkins, who grew up in foster care and has faced financial instability her whole life.

The scholarships she earned – the "Working Waterfront" and "Lorraine Bertrand Welding" scholarships – have empowered her to refine her knowledge at a craft that she truly loves.

"I love working with my hands and seeing what I've created," Hawkins added. "I would absolutely encourage other women

to pursue a career in welding. Welding, in my opinion, is for everyone, and if you enjoy it, go headfirst into it."

Hawkins got her first taste of welding and metalworking at St. Helens High School. After graduation, she looked around for a likely spot to further her education and found PCC's respected program nearby. She started her training in 2019 and graduated with an associate degree in welding this spring. Hawkins is now looking to find work as a pipe fitter.

For Hawkins, the new welding shop at the Rock Creek Campus couldn't have been better for her training. This new learning environment came about when voters in PCC's educational district approved a bond measure in 2017. In 2020, the college initiated a \$6 million remodel of the outdated facility, transforming the old shop into a 10,000-square-foot, state-of-the-art welding facility that instructors call the best of its kind on the West Coast.



"I've loved the new shop," Hawkins said. "The technology they have put into this shop is amazing."

Before the pandemic hit, the shop was tight on space for students and instructors, and its previous 65 booths could only be used for single-process welding techniques, some of which are no longer in demand. Plus, with classes being offered all day, every aspect of the shop was being taxed.

"It is imperative to have a facility to support this dynamic educational venture," said Matt Scott, welding instructor. "We are now better able to provide students with the real world experience and skills that employers demand." ♦

### Gala Raises Money for Student Success and Scholarships

In April, the PCC Foundation's annual fundraiser "Begin Again" attracted more than 350 supporters at an in-person dinner, as well as at viewing parties across the Portland area and online. The first-ever hybrid event, presented by Comcast, raised more than \$400,000 for student success. [Learn more: pcc.edu/beginagain](https://pcc.edu/beginagain)



THANK you



From left, Math faculty Cindy Rochester-Gefre, Cara Lee and Jess Brooks.

# Saving Students Millions

## PCC's shift to more open educational resource materials benefits students

**A**t Portland Community College, the vital work of hundreds of employees providing students with an alternative to high-priced textbooks and classroom materials has paid off in a big way.

From 2019-21, PCC students saved nearly \$10 million, which is a 21% increase in savings compared to similar efforts from 2017-19. In the current biennium, Open Oregon Educational Resources awarded PCC 18 grants to complete Open Educational Resources (OER) projects, and those courses have saved 2,200 students an additional \$280,000 since last summer.

OER are course materials that have an open license, allowing educators to share

and adapt resources and redistribute them to students online for free or in print at a low cost. PCC has been exploring projects involving OER in response to the skyrocketing cost of textbooks since 2015.

“We hear from students over and over again, articulating that textbook costs are a barrier to their learning,” said Jen Klaudinyi, faculty librarian and OER coordinator for PCC. “Students have to make all sorts of choices related to their education.” Klaudinyi continued that many students say they have to choose between paying for rent and food, or for a high-cost textbook. This means they can’t engage fully in classes, which impacts their abilities to succeed.

One of the key projects is the new online textbook for the class “Math 105.” Led by math instructor and department chair Cara Lee and a group of instructors, the project published and adopted their revised textbook, “Math in Society,” to serve as the official class textbook in 2020. More than 3,000 PCC students saved an estimated \$400,000 as a result.

“OER is about equitable access to education,” said Lee. “By reducing extra costs, college automatically becomes more affordable and accessible.”

Open resources not only offer the college more low-cost options for students, they allow the instructors to tailor the learning objectives to make the curricular materials more representative of the students’

“OER is about equitable access to education. By reducing extra costs, college automatically becomes more affordable and accessible.”

— Cara Lee, PCC Math Instructor and Department Chair

experiences and can involve student voices in the creation and selection of materials. The faculty team worked to make the materials feel more relevant to students by including local content and exploring ways to ensure students could see themselves in the text.

“I’ve taught for 30 years and, hands down, this whole experience was the most powerful professional development I’ve ever been involved in,” said math faculty Cindy Rochester-Gefre. “The conversations we had about the curriculum have changed the way I look at teaching. I think about the subtle things I can do to open students’ eyes and to teach social justice. And I make sure that when students sign up for a class with me, it’s a zero-cost class outside of tuition – no book, no calculator. I’m passionate about the fact that tuition is enough.”

The instructors teach history and social justice through math. Lee said math comes up in real life for every student – like filing taxes and learning how electoral votes are determined. With this OER partnership, she said the math program

is able to expand on this equity work to tailor a free, culturally responsive textbook for its students.

Another way the team has worked to make sure people see themselves within the text is by highlighting the accomplishments and impact of mathematicians from historically underrepresented communities. Chapters feature biographies of mathematicians from around the world, so that students learn about their contributions.

In addition, the college offers the Equity and Open Education Faculty Cohort in partnership with Open Oregon Educational Resources, a professional development program that brings faculty together over the course of four weeks to explore ways to transform curriculum using an equity lens.

“PCC is really showing a lot of leadership, and in particular the Math department has been finding ways to work through accessibility barriers that math can present online,” said Amy Hofer, the statewide Open Education program director. ♦

## Portland Community College’s Open Educational Resources Efforts



Saved  
\$10 Million

PCC students have saved nearly \$10 million since 2019.



300+  
Employees

More than 300 college employees adapted and created resources.



100,000  
Students

Nearly 100,000 PCC students have taken advantage of OER resources in the past two years.

# Vanport Dream Becomes Reality

Portland State University celebrated the newest addition to its campus by officially opening the Vanport Building. The new seven-story building is a collaborative project featuring Portland Community College, Portland State, Oregon Health & Science University and the City of Portland.

The building serves as a new home for PCC's Dental Sciences Program as well as PSU's College of Education, the OHSU-PSU School of Public Health and the City of Portland's Bureau of Planning & Sustainability. The Vanport Building, which was named after the residents who were lost or displaced by the flood in 1948, was collaboratively designed by these institutions to better connect workforce development, educational and economic opportunity.

PCC also operates a low-cost community dental clinic at the Vanport Building (1810 SW 5th Ave., on the third floor). ♦ **For more details, visit [pcc.edu/dental-clinic](http://pcc.edu/dental-clinic), call 971-722-4909 or email [dentalclinic@pcc.edu](mailto:dentalclinic@pcc.edu).**



# Global Trade Center Anniversary

PCC launched the Oregon Small Business Development Center Network (OSBDCN) Global Trade Center in 2017 to provide international trade services and advising for small businesses in Oregon. This year marks the center's five-year anniversary as the only Global Trade Center in Oregon specialized in international trade.

Combining one-on-one, no-cost advising with programs taught by business experts, the center provides clients the resources they need to expand into global markets. With 75% of consumers residing outside of the United States, the center focuses on helping Oregon businesses reach new customers by growing and diversifying their portfolios. Advisors teach clients the importance of global trade not only for growth, but for resiliency. ♦

**For more info, visit [oregonsbdc.org/global-trade-center](http://oregonsbdc.org/global-trade-center)**

# Bioscience Industry Turns to PCC

The number of Oregon bioscience jobs is growing fast, and PCC's Bioscience Technology Program provides qualified and trained workers to meet the demand. It partners with industry leaders to develop curriculum and training that is in line with industry standards.

One industry partner is Twist Bioscience, headquartered in San Francisco. Angela Bitting, the company's senior vice president of corporate affairs, said developing a strong foundation of local talent through PCC will be essential.

"We view Portland Community College as a key partner in our ability to recruit talented employees in this area," Bitting said. "Twist has been working with community colleges in the Bay Area to recruit well-trained students who have made valuable contributions to our manufacturing organization and who have grown their careers. We would like to find a similar relationship with Portland Community College where graduating students are well-trained for jobs at Twist and find a satisfying career path for their future."

Statewide, the bioscience industry provides employment for 47,000 workers with an average annual salary of more than \$70,000, according to the Oregon Bioscience Association. ♦ **For more details, visit [pcc.edu/bioscience](https://pcc.edu/bioscience)**



## A Job with Benefits

Students are leaving thousands of dollars in federal benefits and resources on the table. To curb this from happening in Oregon, the state legislature passed a bill in 2021 to establish a student benefits navigator on every public college and university campus. A benefits navigator ensures that students can access all benefits for which they qualify.

PCC hired its first student benefits navigator, Jennifer Lucena. She hopes to positively impact the lives of PCC students, connecting them to Supplemental Nutrition Assistance Program (SNAP) food benefits, Oregon Health Plan (OHP) coverage, housing assistance, culturally specific resources, and other basic needs.

"What excites me most about this work is that I'm helping students meet their educational goals because I'm positively affecting other important facets of their lives," Lucena said. "Having grown up in a low-income household, I know what many of our students experience. In this role, I get to walk alongside them on their college-going journeys." ♦

# Groundbreaking Effort

## A future PCC center shows that opportunity is knocking for NE Portland

Amid the grinding backhoes, billowing dust, mountainous rock piles and near freezing temperatures, opportunity emerged during an event that was groundbreaking.

Earlier this year, Portland Community College leaders, college partners and local leaders converged at the Portland Metropolitan Workforce Training Center (PMWTC) in Northeast Portland to officially break ground on its 50,000-square-foot redevelopment. The new PMWTC facility, slated to open in June 2023 and funded by the 2017 bond measure, will give the center's programs an updated space to connect the community with great careers, support and services. The center will be a one-stop

resource for community members seeking assistance from PCC, Oregon Department of Human Services and the Native American Youth & Family Center. Re-development located on the 5600 block of N.E. 42nd Avenue also allows PCC to partner with Home Forward to offer affordable housing (84 apartments) on site.

It's all part of PCC's ethos in serving the region's underrepresented populations.

"Portland has a lot of bridges, and we have come to think of PCC as one of those bridges," said former PCC President Mark Mitsui. "The bridge to opportunity, a better future, and a better life through education and training. On one side of the bridge, we have talented, capable

and hardworking folks who just need a break – an educational opportunity. On the other side, we have great jobs and great careers with living wages. PCC is in the middle. We are the bridge and pathway for many generations of folks to go from one end of the bridge to the other."

The future opportunity center will focus on reversing racial and economic disparities by connecting people to education and career track employment. Community members can participate in career exploration, coaching and skills development and get wraparound support systems to help them reach their goals.



Left to right, Eric Blumenthal (vice president of finance and administration), Mark Mitsui (former PCC president), Michael Sonnlitner (PCC board member), Pam Hester (director of regional workforce development) and Linda Degman (former director of PCC's Planning & Capital Construction office).



Architectural design of the future opportunity center.

## Future Metro Opportunity Center by the Numbers

Building Square Footage:  
50,000

Bond Program Funding:  
2017

Outreach:  
61 Community Members  
8 Focus Groups  
4 Agency Partners

Affordable Housing Units:  
84

Community Service Space:  
10,000 sq ft

“It’s about providing people with the support they need to be successful in whatever career path they choose.” — Ted Wheeler, Portland Mayor

According to a study done by Temple University’s Hope Center (a national institute dedicated to combating challenges for college students), 60% of people who attend PCC have experienced housing and food insecurity in the past six months, with 20% stating they’ve been homeless. Child care, transportation and health insurance are common barriers for many students, and access to this opportunity center is vital.

“It’s really hard to focus on school when you don’t know when or what you are going to eat or where you are going to sleep,” Mitsui added. “Our students are one sick kid and one flat tire away from dropping out. The opportunity center is intended to reduce those barriers and bring together public and private partners in a new way. We’re building on the fantastic and amazing work of the professionals at this workforce training center.”

As the pandemic has exacerbated economic inequalities, the future opportunity center will help reverse those trends and

close opportunity gaps. The new facility will give community members a wide range of services and programs that will conveniently be under one roof. Classrooms, meeting rooms, an open workspace, a community room and common areas will all be housed within a cutting-edge, community-based facility.

PMWTC, which first opened its doors 25 years ago, works with community members who are receiving public assistance to gain skills needed for employment. The center’s employment and training programs help users develop and match their skills with family wage jobs.

“It’s about providing people with the support they need to be successful in whatever career path they choose,” said Portland Mayor Ted Wheeler. “This new facility will help PCC continue their good work in helping Portlanders develop career skills through both training and support. This program has been incredibly innovative and has been vital in creating a more equitable and accessible workforce in Portland.” ♦

PCC mails this schedule of classes to households four times each year to let you know about upcoming Community Ed classes and share what's happening at PCC. It is printed and mailed for about 31¢ per copy and can be recycled. Because it is addressed "Residential Customer," we are not able to remove individuals from our distribution route. We hope you find it informative and enjoy the stories inside.

## My Project:

"Share my knowledge and passion for movement with people so they can stay physically and mentally healthy, and have prolonged mobility."

– Sarah Laks, Pilates Instructor (page 36 and 42)



PCC Community Ed

project:  
**YOU**

If you can dream it, Community Ed's hundreds of remote, online and in-person classes can help you achieve it.

**Get started on your own Project: YOU this summer!**

[pcc.edu/communityed](https://pcc.edu/communityed)