

## WINTER 2019 COMMUNITY HERBALIST CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 1</b>			
January 3 <b>NO CLASS</b>	January 4 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	January 5 <b>Energetics of Herbal Medicine</b> 9:00am-5:30pm Amber Fox	January 6 <b>Energetics of Herbal Medicine</b> 9:00am-5:30pm Amber Fox
<b>Week 2</b>			
January 10 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	January 11 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	January 12 <b>Natural Emergency Medicine</b> 9:00am-4:00pm Krista Poulton	January 13 <b>NO CLASS</b>
<b>Week 3</b>			
January 17 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	January 18 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	January 19 <b>Intro to Medicinal Mushrooms</b> 9:00am-4:00pm Tony Acworth	January 20 <b>Intro to Medicinal Mushrooms</b> 9:00am-4:00pm Tony Acworth
<b>Week 4</b>			
January 24 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	January 25 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	January 26 <b>Natural Emergency Medicine</b> 9:00am-4:00pm Rory Knapp Fisher & Shoshana Scott	January 27 <b>Ethnobotany</b> 9:00am-4:00pm Hannah Roessler
<b>Week 5</b>			
January 31 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	February 1 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	February 2 <b>Intro to HM</b> 9:00am-12:00pm <b>CHP Business</b> 1:00m-5:30pm Krista Poulton	February 3 <b>Herbal Therapeutics</b> 9:00am-4:00pm Latifa Pelletier-Ahmed
<b>Week 6</b>			
February 7 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	February 8 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	February 9 <b>Intro to Aromatherapy</b> 9:00am-4:00pm Alexis Hennig	February 10 <b>Intro to Aromatherapy</b> 9:00am-4:00pm Alexis Hennig

Thursday	Friday	Saturday	Sunday
<b>Week 7</b>			
February 14 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	February 15 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	February 16 <b>Energetics of Herbal Medicine</b> 9:00am-5:30pm Amber Fox	February 17 <b>Energetics of Herbal Medicine</b> 9:00am-5:30pm Amber Fox
<b>Week 8</b>			
February 21 <b>NO CLASS</b>	February 22 <b>NO CLASS</b>	February 23 <b>NO CLASS</b>	February 24 <b>NO CLASS</b>
<b>Week 9</b>			
February 28 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	March 1 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	March 2 <b>NO CLASS</b>	March 3 <b>Herbal Therapeutics</b> 9:00am-4:00pm Latifa Pelletier-Ahmed
<b>Week 10</b>			
March 7 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	March 8 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	March 9 <b>Ethnobotany</b> 9:00am-4:00pm Hannah Roessler	March 10 <b>Herbal Therapeutics</b> 9:00am-4:00pm Latifa Pelletier-Ahmed
<b>Week 11</b>			
March 14 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	March 15 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	March 16 <b>Backyard Gardening</b> 9:00am-5:30pm <b>Taylor Krawczyk</b>	March 17 <b>Herb Walks</b> 9:00am-4:00pm Lindsay Hounslow
<b>Week 12</b>			
March 21 <b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	March 22 <b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	March 23 <b>Energetics of Herbal Medicine</b> 9:00am-5:30pm Amber Fox	March 24 <b>Energetics of Herbal Medicine</b> 9:00am-5:30pm Amber Fox

## WINTER 2019 COMMUNITY HERBALIST CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
<b>Week 13</b>			
March 28	March 29	March 30	March 31
<b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk	<b>Herbal Therapeutics</b> 9:00am-4:00pm Latifa Pelletier-Ahmed
<b>Week 14</b>			
April 4	April 5	April 6	April 7
<b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk	<b>Herb Walks</b> 9:00am-4:00pm Lindsay Hounslow
<b>Week 15</b>			
April 11	April 12	April 13	April 14
<b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	<b>Intro to HM</b> 9am-1:30pm <b>CHP Business</b> 2:30-5:30pm Krista Poulton	<b>Herbal Therapeutics</b> 9:00am-4:00pm Latifa Pelletier-Ahmed
<b>Week 16</b>			
April 18	April 19	April 20	April 21
<b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	<b>NO CLASS</b>	<b>Backyard Gardening</b> 9:00am-5:30pm Tayler Krawczyk	<b>NO CLASS</b>
<b>Week 17</b>			
April 25	April 26	April 27	April 28
<b>Materia Medica I</b> 3:30pm-6:30pm Amy Klazek	<b>Practical Herbal Pharmacy</b> 3:30pm-6:30pm Krista Poulton	<b>NO CLASS</b>	<b>NO CLASS</b>
<b>Program Total</b>			
Practical Herbal Pharmacy*		45 hours	*Courses that directly transfer into Diploma of Phytotherapy program.
Materia Medica I*		45 hours	
Energetics of Herbal Medicine*		45 hours	
Backyard Gardening*		30 hours	
Herbal Therapeutics		54 hours	
Ethnobotany		12 hours	
Herb Walk*		12 hours	
Natural Emergency Medicine*		12 hours	
Intro to Herbal Medicine		7.5 hours	
CHP Business		7.5 hours	
<b>Total</b>		<b>270 hours</b>	

### Core Teaching Faculty

#### Krista Poulton, BKin, Dip. Phyt. (RHT)

Krista is a graduate of Pacific Rim College and balances working at Pacific Rim College with her Herbal Medicine clinic, operating in Fernwood Square at Linden Lotus Herbal Medicine Clinic. Krista has a strong passion for women's health and has focused her continuing education within this field. Krista maintains a professional membership with the Canadian Herbalists Association of BC (CHA of BC) and is actively involved with this organization. She is also actively involved in the People's Apothecary, a community Herbal Medicine garden located in Quadra Village, since the garden was developed in 2011.

#### Amy Klazek

Amy Klazek is a Medical Herbalist and a graduate of the Diploma of Phytotherapy program at Pacific Rim College. She is a professional member of the Canadian Herbalist Association of British Columbia and operates a small private practice in Victoria, BC. As a member of the team at Pacific Rim College, she is proud to contribute to the education of holistic health as the Admissions Director, Assistant Director of the Holistic Doula Certificate program, and an instructor for the Holistic Doula Certificate and Community Herbalist Certificate programs.

#### Amber Fox, Dip. Phyt. (RHT), BES (Hons.)

Amber is a Medical Herbalist, educator, mindfulness meditation and yin yoga teacher. Graduated as the valedictorian of the Diploma of Phytotherapy program at Pacific Rim College, Amber now operates a private herbal practice with a focus on empowerment, trauma-sensitive and somatic approaches to healing mental health and hormonal concerns. Amber is active with the Canadian Herbalists Association of BC (CHA of BC) as a professional Registered Herbal Therapist (RHT) member and as a Director of the Board. Amber also holds a honours degree in Environmental Studies from York University, and enjoys continuing her study of the environment and plant medicine in her large medicinal herb garden and in the forests of this wild coast.

#### Lindsay Hounslow, RHT, MCPP, E-RYT

Lindsay is a Medical Herbalist, Yoga teacher and naturalist guide. After study and practice in yoga, energy work, shamanic studies, nutrition, organic gardening, and herbal wildcrafting, she dedicated herself to herbal studies and was one of PRC's first Phytotherapy Diploma graduates. She is now a qualified member of the College of Practitioners of Phytotherapy and the Canadian Herbalist Association of BC.

#### Hannah Roessler

Hannah is passionate about plants and is deeply committed to food sovereignty issues. She has international permaculture and farming experience and has given lectures and led workshops on topics from plant propagation and cultivation to herbal medicine-making. She is an Organic Master Gardener and has her M.A. in Environmental Studies from UVIC, with a focus on climatic adaptation on small-scale organic farms.

#### Tayler Krawczyk

Tayler is the co-owner/operator of Hatchet & Seed, an edible landscaping & agro-forestry business based in North Saanich, BC. After a degree in International Development Studies and 5 years working in the working in the forestry and silviculture industry (in Canada and Scotland) Tayler decided to focus his work life on the intersection between human development and healthy ecosystems. Since 2008, he's been sharpening his skills in the fields of organic horticulture, ecological landscape design and permaculture - a lifelong endeavour. He and his partner Solara grow & propagate hundreds of edible, medicinal & useful plants at their shared 3-acre homestead.

#### Latifa Pelletier-Ahmed

Latifa Pelletier-Ahmed is a Medical Herbalist, botanist, wild forager and educator. She has a BSc in Botany from the University of Calgary and an MSc in Herbal Medicine from Middlesex University, London (UK). After several years studying plants in the field, she has become deeply passionate about the sustainable reintegration of wild plants as both food and medicine. An advocate for community engagement she has been running regular plant walks, foraging forays and herbal medicine workshops since 2014. She currently runs a sliding-scale herbal clinic, Latifa's Herbs