BASIC SELF DEFENSE

Self-Defense & Situational Awareness,
Build confidence, strength, and peace of mind in this empowering weekly class. Each session focuses on a different aspect of self defense, helping you develop practical skills and the muscle memory needed to react effectively in real-life situations. Classes include gentle stretching, proper breathing techniques, and relaxation practices to support both physical readiness and mental clarity. Learn how to stay aware, stay calm, and stay safe one week at a time.
Sessions will be held each Wednesday beginning January 21st and running through May 13th
5:15 p.m. to 6:15 p.m.
You must sign up for the entire semester.
13 sessions for $275.00
Contact Donna at donna.haddow@trinidadstate.edu to have a registration form emailed to you.

Instructor: Jerry Cash has been involved in self defense martial arts as both a student and a trainer for over 40 years.
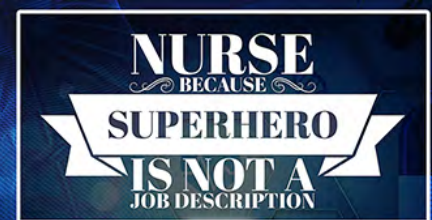
Starting January 2026!

Transition from Paramedic to Registered Nurse!

Scan today for the Nursing Application

TRINIDAD STATE COLLEGE

Paramedic to RN starts this January!! The transition course for Paramedic to RN will start this Jan and merge the student into the second year of the nursing program. All the general education courses for the nursing program must be completed before Aug 2026.

NURSE BECAUSE SUPERHERO IS NOT A JOB DESCRIPTION

TRINIDAD STATE NURSING

For more information or to register, contact: Donna Haddow-Continuing Education Coordinator
719-846-5724 | donna.haddow@trinidadstate.edu | 600 Prospect Street, Trinidad, CO 81082

TRINIDAD STATE LIFELONG LEARNING

MAKERSPACE AT TRINIDAD STATE

THE HERITAGE SCHOOL *at Trinidad State*

Career & Technical Programs at Trinidad State

Learning a trade offers practical, real-world benefits that open the door to stable, rewarding careers. Trade skills are in high demand, providing strong job security, competitive wages, and opportunities for advancement or self-employment.

Trinidad State offers the following:

- ✓ Cosmetology (Barbering, Esthetician, Hair Stylist, Nail Technician)
- ✓ Law Enforcement Academy (Valley)
- ✓ Business - Associate and Bachelor level
- ✓ Computer Aided Drafting (CAD)
- ✓ Computer Information Systems
- ✓ Computer Science
- ✓ Construction Technology
- ✓ Criminal Justice
- ✓ Cybersecurity
- ✓ Dental Assistant (Valley)
- ✓ Early Childhood Education
- ✓ Emergency Medical Technician (basic & advanced)
- ✓ Gunsmithing (Trinidad)
- ✓ Hair Stylist
- ✓ Line Technician (Colo. Springs)
- ✓ Medical Assistant Professional
- ✓ Nursing (Nurse Aid, Nursing, BSN)
- ✓ Robotics & Automation Systems Technology
- ✓ Welding

Contact an Advisor Today
https://trinidadstate.edu/advising/index.html

Agile Project Management Certificate

This online course introduces learners to Agile methods of project management. Beginning with an introduction to the core philosophy of Agile and the basic structure of an Agile project, the following modules address specific challenges that may be encountered by teams using Agile, best practices for integrating Agile methods into Waterfall environments, and the principles of Scrum, one of several specialized Agile methods. The self-paced course offers an assortment of interactive exercises, videos, selected readings, case studies, and self-assessments that engage students and provide opportunities to practice their project management skills in an Agile context.

This non-credit certificate may be taken online for $719 by clicking here or visiting *catalog.mindedge.com/trinidadstate/ suites/10330/agile-project-management-ace-credit-reg*

Topics covered in the certificate:

- **Introduction to Agile**
- **Principles of Scrum**
- **Challenges for Agile Teams**
- **Integrating Agile into a Waterfall Environment**

Other Agile courses are also available

TRINIDAD STATE
CONTINUING EDUCATION
COMMUNITY EDUCATION

MAKERSPACE
AT TRINIDAD STATE

THE HERITAGE SCHOOL
at Trinidad State