

# Conscious Care and Support Learning Opportunity

*You are invited to attend an amazing educational opportunity while earning a certificate of completion through the University of Toronto's School of Continuing Studies.*

## What is the Conscious Care and Support (CCS) Program?

Conscious Care and Support (CCS) is a training, development and consulting program for community support professionals, parents, family members, teachers, case coordinators, and psycho-social professionals – supporters who provide service and support to individuals of all ages who have autism or other developmental disabilities (ASD/DD).

The program has demonstrated to significantly improve the skills of supporters beyond what is currently considered best practice in Ontario. As a result, individuals with ASD/DD get much better treatment and support as reported by measures of improved quality of life, learning, emotional well-being and significantly reduced self-injurious behaviour and aggression. CCS does not replace existing practices which are primarily behavioural interventions and traditional medical protocols. It does however significantly enhance the effectiveness of these approaches.

Overall, CCS addresses two key components to complement and enhance current approaches:

1. Biomedical, energy balancing and protection, sensory and neurodevelopment interventions.
2. Development of supporters' emotional maturity and mindful self-regulation skills.

## Meet the Facilitators



**Peter Marks**  
CEO & Co-Founder,  
A Centre for Conscious Care



**Xavier Noordermeer**  
Sr. Facilitator,  
A Centre for Conscious Care



**Kaitlyn Corey**  
Co-Facilitator,  
A Centre for Conscious Care



**Adriana McVicker**  
Sr. Facilitator,  
A Centre for Conscious Care

## What Will We Cover?

Responding to real “on the ground” needs experienced in community-based support agencies and in families, CCS has been developed over the past 15 years to enhance behavioural interventions and traditional medical protocols and bring a comprehensive model of support and service.

To develop more caring and competent supporters and significantly improve treatment and support practices, CCS applies well-researched strategies and tools from the relevant applications from the disciplines of:

- biomedicine,
- mindfulness,
- social neurobiology,
- bilateral and bio meridian activation,
- nutrition,
- gastrointestinal health,
- sensory integration,
- brain coherence, and
- neurofeedback.

As part of the training, participants will learn to identify the primary causes, optimal prevention, and awareness-based calming strategies for de-escalation for people who can engage in self-injurious behaviours and aggression.

Participants will also work together in smaller groups to discuss comprehensive plans that consider a more complete approach to address the unmet needs most often at the root of manifested anxiety, agitation, and aggression.

Upon successful completion of the course and submission of a small written assignment, participants of the course are eligible to receive a certificate of completion through the University of Toronto's School of Continuing Studies.

### Class Dates and Times

Each class will be held in person from 9:00 am - 4:00 pm on the following dates:

Wednesday January 8, 2025

Wednesday January 15, 2025

Wednesday January 22, 2025

Wednesday January 29, 2025

The weekly training will be held in the Minor Sports Room located at the Wellness Centre (265 Cannifton Road). Lunch will NOT be provided, so please come prepared with lunch/snacks.

### Class Webpage (Weekly Follow Up Resources)

<https://centreforconsciouscare.ca/2025clbelleville>

You will be able to access the follow up resources from each class through the class webpage listed above. It is recommended that you bookmark this page in your web browser to easily access the resources for each session.

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For more information  
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