

Conscious Care and Support 6-Week Hybrid 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.

About the Facilitators

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

- Registered Psychotherapist (Qualifying)
- Adriana has over 20 years of experience working with children, adults, and their families.
- For the last 17 years, has worked with Community Living Windsor in various roles including direct support and in positions of management including support services, staff development, communications, community relations, and project management.
- With education in counselling and developmental psychology, sociology, and health sciences, Adriana deeply values using a comprehensive approach while providing quality supports for people and families.
- She is a true believer that all of us are interdependent and that we each carry a responsibility to help one another be the best we can.



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

- Xavier is the former Executive Director of Community Living Windsor, an organization that provides supports to over 600 people who have an intellectual disability and their families in the Windsor community.
- Retired in 2020 after 30 years and has been working with people and families since 1981.
- From 2003 to 2020, also led the work of Capacita, a special volunteer project providing medical aid to children with disabilities and their families in Nicaragua.
- In 2018, was a founding board member of Microboards Ontario, a provincial organization that is committed to promoting and supporting the development of microboards across Ontario through education, advocacy and support to people and communities. He remains involved today as a volunteer board member.
- Xavier believes strongly in the importance of respectful and ethical leadership and the benefits that it provides on both a personal and organizational level.



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 (6-week course)

The 6-week course will be held both in person and online. The first and last sessions will be held in person, and the four sessions in between will be held online through Zoom. Please see the details in the chart below.

Date	Time	How	Where
Wednesday March 5, 2025	8:30am – 4:30pm	In person	The Social Club (Upstairs) 2777 Main Street, RR#15, Bleazard Valley, P0M 1E0 <i>*Lunch will be provided</i>
Tuesday March 18, 2025	9:00am – 12:00pm	Online	ZOOM https://us02web.zoom.us/j/82687674832
Tuesday March 20, 2025	9:00am – 12:00pm	Online	ZOOM https://us02web.zoom.us/j/82687674832
Tuesday April 8, 2025	9:00am – 12:00pm	Online	ZOOM https://us02web.zoom.us/j/82687674832
Tuesday April 10, 2025	9:00am – 12:00pm	Online	ZOOM https://us02web.zoom.us/j/82687674832
Wednesday April 16, 2025	8:30am – 4:30pm	In person	The Social Club (Upstairs) 2777 Main Street, RR#15, Bleazard Valley, P0M 1E0 <i>*Lunch will be provided</i>

Class Webpage (Handouts, Resources and Online Recordings)

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

You will be able to access the class handouts, resources, and online class recordings 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.

For more information
contact Adriana at adriana@centreforconsciouscare.ca