

Session X Learning Plan

Group Process		Resources
1.	- Session Overview - University of Toronto Certification	See below
2.	Need #7 – Environmental Supporters’ Accommodations, Behaviour (ABA Learning), Social Interactions and Contributing to Others’ Well-being	Pages 166 – 169
3.	Complete the Well-being Facilitation Plan for Needs #7	page 45
4.	CCS Well-being Plan Implementation	N/A
5.	Consciously Connect CCS Process Step 4	Pages 410 – 422
6.	B-FIT Mindfulness Exercise #6 – Healing Compassion Practice	Pages 278 – 279
7.	Summary – The Five Stage CCS Process Ben’s Story	Power Point – Session X – Resource 1 Pages 392 – 395 Pages 393 – 394
8.	Summing It Up – Basics	Page 429
9.	Walk the Dual Path – Do Our Part	Pages 430 – 431
10.	Emergence	Pages 281 – 287
11.	Session Preparation and Learning Log	See below
12.	Conscious Care and Support Course Outcomes	See below

Session Follow-up and Preparation:

- Review all Resources
- Mindfulness Practice – 20 minutes x 5 sessions weekly for the rest of your life