

# Conscious Care and Support 8-Week Online 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

### Peter Marks, Main Facilitator

To say the least, Peter is not new to the world of developmental services.

- He has over 35 years of Human & Health Services' organization & leadership development to facilitate effective, conscious and compassionate care and support.
- Peter is the co-founder and CEO of *A Centre for Conscious Care and Support*.
- He has acted as an International Mindfulness Facilitator since 1993.
- He has also acted as a Co-founder, Director and/or Consultant in numerous Developmental Services and Mental Health Service systems across Ontario.
- Peter has been a guest lecturer and keynote speaker at various universities, conferences and Human and Health Services' Organizations.
- Finally, Peter has 30+ years of direct service as a volunteer with families and numerous human and health services providers.



### Adriana McVicker, Co-Facilitator

- Registered Psychotherapist (Qualifying)
- Adriana has over 17 years of experience working with children, adults, and their families.
- For the last 15 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, 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.



## 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 (8-week course)

Each session will be held through ZOOM on the following dates and times:

|                          |                    |
|--------------------------|--------------------|
| Wednesday March 6, 2024  | 9:00 am – 12:00 pm |
| Wednesday March 13, 2024 | 9:00 am – 12:00 pm |
| Wednesday March 20, 2024 | 9:00 am – 12:00 pm |
| Wednesday March 27, 2024 | 9:00 am – 12:00 pm |
| Wednesday April 3, 2024  | 9:00 am – 12:00 pm |
| Wednesday April 10, 2024 | 9:00 am – 12:00 pm |
| Wednesday April 17, 2024 | 9:00 am – 12:00 pm |
| Wednesday April 24, 2024 | 9:00 am – 12:00 pm |

## Weekly ZOOM link

You can connect to the weekly sessions by clicking the following link

<https://us02web.zoom.us/j/81945350093>.

## Class Webpage (Recordings, Resources, and Handouts)

<https://centreforconsciouscare.ca/2024springclyscs>.

You will be able to access the class handouts, resources, and 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@clwindsor.org](mailto:adriana@clwindsor.org)