
CONSCIOUS CARE & SUPPORT



for people with

Autism & Other

Developmental Disabilities

Balancing Body, Brain & Being



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

What My Symptoms Are Saying:

“Even though I don’t control them, most of my behavioural symptoms are messages to you. My nervous system is asking you for certain kinds of support to have its specific needs met. Please listen to what it is doing. If you don’t, I can’t stop it from becoming anxious and frightened. And the main way that it has learned to calm its fears is to get irritated, angry and even aggressive. I hate when it does that but the calm that follows my aggression makes me feel normal again. Please help me to find a better way”.



To live to my fullest mind, body and spiritual potential I need **SUPPORTERS** who will test and treat my 4 I's:

- **Imbalances**

- Vitamins
- Minerals
- Antioxidants
- Nutrition
- Neurotransmitters

- **Intolerances**

- Foods
- Sensory dysregulation
- Environmental toxins

- **Inflammation**

- Brain

- **Infections**

- GI toxins
examples: clostridia, candida

To live to my fullest mind, body and spiritual potential I need **LEADERS** who will:

- Discover and develop their staff's competence and commitment needs.
- Implement leadership skills to match the needs of staff for training, support plan implementation and accountability.
- Work to develop their own mindful emotional self-regulation skills so as to ensure authentic relationships with team members.

THE FOUNDATION OF OPTIMAL CARE and SUPPORT

AFTER the vitally important **Vision and Values** have been affirmed

AFTER the millions of **dollars** have been allocated

AFTER the best **Policies and Protocols** have been implemented

AFTER the trainings of '**how to and what to**' have been completed

a full and meaningful life for individuals who we care for and support

ULTIMATELY DEPENDS ON THE

Mindful Presence

Unconditional Respect

Resourcefulness

Conscious Intentions

& Heart of

YOU



peter.mindfulliving@gmail.com
www.centreforconsciouscare.ca

How do supporters and leaders stay committed to passionately, persistently and with presence continue to meet and exceed expectations for optimal support?

Finding and sustaining meaning in life . . . means an ordering and guiding of our energy and our desires, a partial restraint in some directions in order to secure greater abundance of life in other directions. It involves a daily deliberate organization of life for a purpose.

Richard Gregg