



PETER MARKS, CEO
A Centre for Conscious Care

- Over 35 years of experience working with individuals living with a disability, families and support teams
- University of Toronto, School of Social Work
Con. Ed. Faculty member
- Author of *Conscious Care and Support for Individuals with Autism & Other Developmental Disabilities*
- International mindfulness facilitator in Canada, USA and Mexico since 1993

COST:

\$50.00 - for Professionals

(for direct supporters, agency staff or professional community guests)

FREE - for People Using Services and Family Members

LUNCH WILL BE PROVIDED.

Spaces are limited.

Community Living St. Marys & Area
is pleased to host a workshop on
**CONSCIOUS CARE
AND SUPPORT**

Wednesday July 4th

OR

Thursday July 5th, 2018

9:00 am to 4:30 pm

Registration begins at 8:30 am

Pyramid Recreation Centre, Main Floor

317 James Street South, St. Marys, Ontario, N4X 1B6

ABOUT THE ONE DAY WORKSHOP

Responding to real "on the ground" needs, Conscious Care and Support (CCS) has been developed over the past 10 years to complement behavioural interventions and traditional medical protocols and bring a comprehensive model to supports and services. CCS does not replace these approaches of existing best practice in Ontario however it has been shown to significantly enhance their effectiveness.

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

1. Integrating interventions based in biomedicine, energy balancing and protection, sensory and neurodevelopment.
2. Developing the emotional maturity and mindful self-regulation skills of the supporters.

To develop more caring and competent supporters and significantly improve support practices, participants will learn about 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.**

Participants will also learn to identify the primary causes, optimal prevention and awareness based calming strategies for de-escalation for people who experience anxiety and who can engage in self-injurious behaviours and aggression.

-Email Registration-
cohearn@clstmarys.ca

For More Information Contact Marg:
mmclean@clstmarys.ca or (519) 284-1400

