

*An Invitation to . . .*

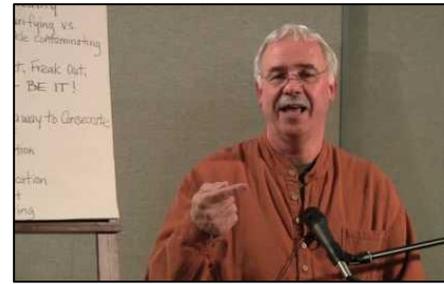
## Conscious Care and Support: A Day of Learning

**Monday, December 1, 2014**

**9:00 am sign in; 9:30 am - 5:00 pm event**

**Ciociaro Club, 3745 North Talbot Rd. Oldcastle**

**Cost \$15 at the door - Includes Lunch  
PRE-REGISTRATION IS REQUIRED**



*Meet Peter Marks: facilitator, author, faculty at the University of Toronto. He is the CEO and founder of 'A Centre for Conscious Care', Halton and has over 35 years of experience working with individuals, families and support workers.*

**Who will benefit?** Families, friends, paid supporters, managers, educators and other professionals supporting people with disabilities.

**Learning will focus on two essential elements** that optimally support children, youth and adults living with developmental disabilities, autism, dual diagnosis, and beyond. They essential elements are:

### **Discovering Insights, Understanding and Tools**

Based on hundreds of new discoveries in the field, a vast majority of families, educators and agency supporters have large 'gaps' in their understanding of what limits the potential of individuals to live personally satisfying lives and what causes the most challenging behaviours. **This workshop will introduce participants to four of the most critical and prevalent unmet needs of supported individuals.** These unmet needs for individuals result in their nervous system becoming anxious. It then generally often cascades into agitation, anger and sometimes aggression.

### **Becoming Mindful and Emotionally Mature Supporters**

Conscious Care and Support recognizes the importance for family and paid supporters to be mindful and 'emotionally mature' to ensure that as much as is humanly possible they are supporting from their 'A' game. Mindful and emotionally mature supporters learn to read and be intuitive of the supported person's unmet needs much sooner. They respond with practical interactions from a place of knowing, respect and authentic kindness.

## Important Facts

### **Conscious Care and Support:**

- is based on the most advanced research coming from the science of social neurobiology, sensory integration, gastrointestinal and physical wellness, emotional freedom therapy (tapping) and mindfulness
- uses evidence based components that offer significantly more options than what traditional ABA incentives and consequences can offer
- immunizes supporters against the 4 outs: burn-out, freak-out, tune-out and space-out

**Peter Marks will explain research, strategies and ideas in a friendly manner that is easy to understand. He will be answering questions throughout the day. Participants will leave with a list of new ideas and concrete things to do.**

**Pre-Register by 12 Noon Monday, November 24, 2014**

Click the on-line registration link at: <http://windsoressexfamnet.ca/upcoming-events/>

Or Email: [info@windsoressexfamnet.ca](mailto:info@windsoressexfamnet.ca) Or Phone: 519-974-1008



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