

Conscious Care & Support Monday Night Discussions (October – December 2021)

CCS applies practical research from the disciplines of including but not limited to mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, gastrointestinal health, and sensory regulation.

WHO IS THIS FOR?

Brought to you in partnership by [Community Living Windsor](#), [A Centre for Conscious Care](#), and [The Jeder Institute](#), this series is intended for families and carers, direct support professionals, leaders, therapists, and anyone with an interest in making a difference within the lives of others.

FACILITATOR

Adriana McVicker, Community Living Windsor

- For the last 13 years, has worked with Community Living Windsor in various roles including direct support and in positions of management including support services, staff development and project management.
- With her 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 IS THE FOCUS?

The first four sessions will unpack sections of the Conscious Care and Support best practices framework providing education along with practical examples and ideas for implementation. The last four sessions will explore us more deeply as supporters by discussing the “human predicament”, building emotional self-regulation through B-FIT mindfulness, and increasing our capacity to bring optimal, skilled, and compassionate services and care to those we support.

October 18- 6:30p – 8:00p- *Awareness Based Calming and De-escalation Skills offered by a Mindful Supporter*

- What is Anxiety? – Traditional and Additional Approaches to De-Escalation – Building Mindful Emotional Self-Regulation

October 25- 6:30p – 8:00p- *Gastrointestinal (GI) and Bowel Health*

- GI, Bowel & Digestive Health is the Foundation for a Healthy Mind – Allergens, Intolerances, Infections

November 1- 6:30p – 8:00p- *Emotional and Mental Health*

- Effects of Trauma – Psychotropics and Mood Stabilizers – Our Roles as an Advocate – Gut/Brain Connection

November 8- 5:30 p – 7:00p- *Brain Development and Coherence – Sensory Integration and Processing*

- Neurogenesis, Neuroplasticity and Neurochemicals – Brain Coherence – Gut / Brain Connection and Inflammation – Hyper and Hypo Active Sense Stores

November 15- 5:30p – 7:00p- *The “Human Predicament” Part One*

- Exploring “the human predicament” in which we all live driving us to our less-than-optimal selves when providing support

November 22- 5:30p – 7:00p- *The “Human Predicament” Part Two*

- Continuing the discussion from Part One – Exploring our “Filters” (both faulty and fruitful), our beliefs, and biases

November 29- 5:30p – 7:00p- *Increasing Self-Awareness to Self-Expression through B-FIT Mindfulness*

- Building the skill set of emotional self-regulation through mindfulness – Exploring “4 tools” to enable optimal support

December 6- 5:30p – 7:00p- *“5-C’s” of Support: Catch, Calm, Clarify, Choose, Connect*

- Bringing it all together - The supporter’s framework to offer optimal support – What now?

WHERE: ZOOM – link will be sent before each class

COST: FREE for family members and independent contractors
\$15 per session for agency/organization employees

For Questions and for Registration Contact: Adriana at adriana@clwindsor.org.