



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 Continuing Studies, 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.

# ONE DAY WORKSHOP

Rygiel Supports for Community Living and L'Arche Hamilton are pleased to host

## CONSCIOUS CARE AND SUPPORT

Thursday February 8, 2018

9:00am to 5:00pm Registration opens at 8:30am

### Workshop will be held at:

Rygiel Supports for Community Living  
220 Cranbrook Drive, Hamilton, ON

### WHAT IS THE FOCUS OF THE WORKSHOP?

**Conscious Care and Support** is based on the most advanced research coming from the science of social neurobiology, sensory integration, gastrointestinal & physical wellness, emotional freedom therapy & mindfulness. Learning will focus on two essential elements to provide optimal support people who have a disability.

#### Discovering Insights, Understanding and Tools

Participants will be introduced 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

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 based on self-awareness and emotional self-regulation.

#### LUNCH WILL BE PROVIDED

Spaces are limited.  
Reserve now!

See attached registration form , or contact Kathleen Barrett at

[kbarrett@rygiel.ca](mailto:kbarrett@rygiel.ca) 905-525-4747 ext. 215



## Conscious Care And Support

### Registration Form

February 8, 2018

9:00 a.m. to 5:00 p.m.

Registration opens at 8:30 a.m.

Rygiel Supports for Community Living

220 Cranbrook Drive, Hamilton, ON

Cost \$75.00 per person, Register by Jan 29, 2018.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Visa/Mastercard \_\_\_\_\_

Name on Card \_\_\_\_\_ Expiry Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Please make cheques payable to Rygiel Supports for Community Living

Mail your form to Rygiel Supports for Community Living, 220 Cranbrook Drive,

Hamilton, ON L9C 5V7

Registration via email to Kathleen Barrett, [kbarrett@rygiel.ca](mailto:kbarrett@rygiel.ca) -- Please note if you

have dietary restrictions.