



**MORC**  
TRAINING

& The Center  
for Positive  
Living Supports

*Presents a 2<sup>nd</sup> opportunity to attend the highly sought  
and well received.....*

## **Calm at The Center**

*Mindfulness Practice for Those Caring for Others*

**Featuring Sheldon Schwitek, Training & Transition Consultant**

Mindfulness is becoming a part of the day to day experience for many people and organizations. Fortune 500 Companies are teaching and encouraging their employees and successful leaders are embedding mindfulness into the workplace routine.

The exciting news is that not only does the practice benefit employees, it has deep and far reaching benefits for the people they support. How often are we told to remain calm in the face of crisis? Many of us do not have the skill set to do this or to stay calm when things begin to escalate.

Currently, a program is being finalized in Ontario, that focuses on teaching caregivers the practice of mindfulness to better equip them to support others. In this presentation, we will be examining elements of this program and other modalities of mindfulness in the work environment.

Through lecture, examples, video and active learning, participants will begin to understand how this simple tool can make a difference in our own lives and those that we support.

**WHEN: WEDNESDAY JUNE 28<sup>TH</sup> 2017**  
**TIME: 1:30PM – 2:30PM**  
**WHERE: FROM YOUR COMPUTER**



**TO REGISTER CLICK HERE:**  
**[HTTPS://ATTENDEE.GOTOWEBINAR.COM/REGISTER/8684804136506884099](https://attendee.gotowebinar.com/register/8684804136506884099)**



Sheldon Schwitek has been supporting individuals with complex behavioral needs in the United States and in Canada for almost 3 decades. Sheldon's work has been associated with The Center of Positive Living Supports in Michigan. Sheldon brings his expertise to provide guidance in the development and implementation of an individualized plan; supporting staff training and development; and as on-site direct support and mentoring of those who provide services to the individual. He believes that with the correct training and support, anyone can be supported to thrive in a community setting.

# *An Hour to Empower*

**Training is 1 hour**

**Attend via your device**

**Space is Limited so  
Register soon!**

**Social Work CE's**

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