

# Community Support Worker

## 48 Weeks

**This diploma program will help you to acquire the knowledge and develop the skills necessary to provide physical, psychological, and social support to individuals across their lifespan.**

## Careers

- Child/Youth Care Worker
- Teen Pregnancy Worker
- Parenting Support Worker
- One to One Worker
- Women's Shelter Worker
- Family Place Worker
- Newcomers Service Worker
- Adult Care Worker
- Support Worker
- Community Access Worker
- Youth Support Worker
- Case Manager

## Practicum

Completion includes a compulsory four-week full-time practicum where students work alongside industry professionals.

## Program Courses

### **Supported Educational Assistant**

Explores the dimensions and instructional strategies of quality inclusion support.

### **Essential Life Skills**

Provides students the skills to assist clients to be as independent as possible by supporting them with the instrumental activities of daily living.

### **Introduction to Human Services**

Introduces students to social programs and services, and effective social work practices within well-defined populations.

**Communication Skills for Counselling**

Develops students' knowledge, skills and attitudes for effective communication for counselling from both a personal and interpersonal perspective.

**Counselling Theories**

Provides a general overview of the counselling theories/therapies upon which psychology is based, as well as how they are utilized in various counselling situations. These counselling theories will be explored from historical, modern and multicultural perspectives.

**Understanding Addictions**

Familiarizes students with substance abuse and counselling. The course will focus on treatment setting and planning, as well as the continuum of care provided.

**Psychosocial Rehabilitation and Care Planning**

Reviews development through the lifespan from prenatal to elderhood. Students examine physical, intellectual, social, and emotional growth in each stage, emphasizing that development results from the interdependence of these areas at every stage.

**Applied Behavioural Analysis**

Provides students with the skills and knowledge to understand and apply behavioural analysis interventions to globally challenged individuals to have inclusion into mainstream classroom or society.

**Mental Health**

Explores the different kinds of mental health issues and how to support individuals living with mental health issues.

**Intellectual and Developmental Disabilities**

Examines the characteristics of several developmental, intellectual and learning disabilities.

**Group Counselling Foundations**

Introduces students to some of the strategies and skills used to lead or participate in groups effectively in counselling situations.

**Gerontology and End of Life Care**

Introduces students to developmental theories in aging to help them understand the psychosocial applications to growing old in our society. Students are also introduced to the strategies necessary to provide emotional and physical support to the dying person and their family.

**Self Care**

Explores self-care strategies used to reduce stress and promote personal and professional wellness.

**Family Systems Theory**

Familiarizes students with the systems theory of counselling (family therapy). The course will focus on theory of family counselling, as opposed to individual counselling, and some of the major models involved.

**Child and Adolescent Growth and Development**

Presents a comprehensive overview of the developmental changes of children and adolescents. This course also provides an in-depth study of social, cultural and environmental issues that affect the development of the children and adolescents.

**MS Office Applications**

Prepares students to perform functions common to all Microsoft Windows applications. Elements include the ability to create and manipulate Word, Excel, or PowerPoint applications, modify the display of toolbars and other on-screen elements, use online help, and perform file management, editing, formatting and printing functions common to most Windows applications.

**Career Preparation**

Introduces students to strategies for successful job searching, interviewing and career management.

**Interpersonal Communication, Recording and Reporting**

Improves students interpersonal communication skills by teaching how to manage challenging relationships, and objectively record observations and interactions with clients.

**Youth at Risk**

Provides the skills and knowledge needed to assist children and youth dealing with special concerns. The focus is on acquiring a basic understanding of at-risk issues and potential treatment strategies, including intervention with children with specific social challenges.

**Ethical Practice and Legislation**

Emphasizes the personal application of a problem-solving approach to ethical dilemmas and encourages active learning as the student increases their understanding about ethics in their work setting.

**Indigenous Studies**

Insight into Indigenous beliefs, traditional ways of life and the history of colonization in Canada.

## Highlights

- Learn about adolescent growth and the issues that are relevant at each stage of development including puberty, sexual development and awareness, and physical, cognitive and social development
- Explore the social, cultural and environmental issues that affect the development of a child
- Understand the nature of addiction and become familiar with the major substances of abuse and their impact on the body
- Understand the mental and social aspects of aging, including their effect on information processing, relationships, personality and more
- Understand the impact of chronic illness and developmental disabilities on aging and social work for persons with disabilities
- Learn counselling and support techniques for working with children, youth, and adults
- Acquire the knowledge and skills to implement Applied Behavioural Analysis (ABA) care plans for adults and children
- Develop the essential knowledge, skills, and attributes needed to provide excellent palliative care to those who are dying as well as providing support for their families
- Explore the causes, occurrences, and theories of the more common forms of mental illness
- Develop the knowledge and skills to perform psychosocial rehabilitation and care planning for individuals and families dealing with mental illness