

2020 SoCal CoDA Conference Schedule (tentative)-

official schedule and details will be emailed to all registered participants

<p>Friday</p> <p>5:45pm Room1 opens 6-7pm Opening Ceremonies 7-8pm speaker1 8-8:30pm break</p>	<p>8:15pm Room2 opens</p> <p>*no marathon meeting during speaker</p> <p>8:30-10pm marathon meeting1 10:30-midnight marathon meeting2</p>
<p>Saturday</p> <p>7:30am Room1 opens 8-9:30am workshop1 9:30-10am break 10-11:30am workshop2 11:30-Noon break Noon-12:30pm lunch *no workshop during assembly *nothing in Room1 Noon-2:30pm</p> <p>2:30-4pm workshop3 4-4:30pm break 4:30-6:00pm workshop4 6:00-6:30pm break 6:30-7:30pm dinner 7:30-8:30pm speaker2 8:30-9pm break</p>	<p>7:30am Room2 opens 8-9:30am marathon meeting3</p> <p>10-11:30am marathon meeting4</p> <p>12:30-2:30pm assembly</p> <p>2:30-4pm marathon meeting5 4:30-6:00pm marathon meeting6</p> <p>*no marathon meeting during speaker</p> <p>9-10:30pm marathon meeting7</p>
<p>Sunday</p> <p>7:30am Room1 opens 8-9:30am workshop5 9:30-10am break 10-11:30am workshop6 11:30-Noon break Noon-12:30pm lunch 12:30-1:30pm speaker3 1:30-2pm break 2-2:30pm Closing Ceremonies</p>	<p>7:30am Room2 opens 8-9:30am marathon meeting8</p> <p>10-11:30am marathon meeting9</p> <p>*no marathon meeting during speaker</p> <p>2:45-4:15pm marathon meeting10</p>

Conference Guidelines:

- 1) Make sure you have the [latest version of Zoom](https://zoom.us/download) downloaded before the event. <https://zoom.us/download> Click “Zoom Client for Meetings.”
- 2) ***We recommend connecting from a computer or laptop.*** Zoom interface is different on a phone, versus tablet, versus computer. Being on computers will help ensure all participants can be on the same page.

*A few related notes:

- Conference instructions will be using computer interface only.
 - Moderators will be limited or unavailable to support other platforms.
 - Access to Conference is available via tablet and smartphone but not recommended.
 - Must download zoom app onto your smartphone in order to identify in your profile name (see #9, bullet two).
 - For optimum experience, use a computer.
- 3) We will be using the Zoom Waiting Room feature so be sure to allow ample time for connection. This means you will have difficulty getting in if you are late for a session.
 - 4) ***We recommend logging in at least 5 minutes before each session. Once the session has started, you will be placed into the Zoom Waiting Room*** and admitted when moderators and co-hosts are available to do so.
 - 5) We will be using the Zoom Remove Participant feature to permanently remove anyone who is being disruptive, i.e. anyone the conference committee or moderators believe to put the safety of the conference at risk. Bombers will be removed from the conference.
 - 6) The Zoom Chat feature will be turned off periodically. Conference chatting (crosstalk) will be limited and you may find you are unable to chat with other participants. You will still be able to chat with the moderator/co-host if you have any questions.
 - 7) We will be using the Zoom Mute All Participants feature and you may periodically find that you are **NOT ABLE TO UNMUTE** yourself. You will still be able to chat with the moderator/co-host if you have any questions.
 - 8) ***During the conference, please refer to the Conference Site as any schedule adjustments will be made in real time.***
 - 9) As you attend this virtual conference, please consider the following:
 - Approach just as you would a face-to-face conference and identify yourself with your first name and last initial during Q&A, marathon meetings, and other open forums.

- **Please be sure to use your first name and last initial for your profile/video name PRIOR TO JOINING CONFERENCE. This will help us distinguish you from a potential bomber and let you into the conference.** You can also chat the moderator/co-host to update your name for you, but we request that you do this before you log in.
- Be mindful of visual and audio disruptions that might impact the serenity of the meeting. Keep audio muted when not in use, avoid background noise, and turn off your video if you need to get up and move around so as not to distract others. **We recommend turning off video during breaks (extra time to do self-care!)**

10) **Safety Orientation-Virtual Introduction for the Conference:**

Welcome to the 2020 SoCal CoDA Conference - 20/20 Clarity in Recovery! You made it here so you have access to the Conference Site where you find the schedule for the conference and links to both the rooms; Wisdom Room 1 and Courage Room 2. We will go over the Conference Guidelines. You can find them on the Conference Site. Just click the Link at the top that says Conference Guidelines. [read #1-9 above]

While the format of the conference is set up to allow flexibility, changes may be made in the interest of virtual safety. If there are any changes, again you can refer back to the Conference Site for real time updates.

A little more information about the conference...workshops and speakers sessions will be recorded with ***audio only***, links for workshop handouts are included on the Conference Schedule, and after each workshop and speaker, there is a 30 minute break allowing for 20 minutes of fellowship. Conference moderators, with guidance from their Higher Power, will work to maintain the safety and integrity of this conference.

We would like to invite everyone to the Assembly for SoCal CoDA. If you are in the CoDA fellowship of Southern California, you are a member! This is a time for all of us to gather, meet the SoCal CoDA Board, and vote on the budget and open positions. The Assembly will be held on Saturday at 12:30pm in Room 2-the Courage Room. Please come join us! It is a great opportunity to see how our larger community entity supports us.

Workshops and speakers will be here in Wisdom Room 1 and the marathon meetings and Assembly will be in Courage Room 2. Again, please honor our conference and safety guidelines. We want everyone to be able to fully benefit from this experience. Thanks so much! We hope you enjoy your conference!

Conference information:

A. Speaker format

- (1) 5 min prayer/safety guidelines
- (2) 5 minute intro
- (3) 45 min share
- (4) 5 min thanks and announcements

B. Workshops are 90 minutes in length.

- C. Break/Fellowship:** After each workshop and speaker, there is a 30 minute break allowing for 20 minutes of fellowship that may or may not include thanks/Q&A if presenters are willing.
- D. Moderators,** with guidance from their Higher Power, will work to maintain the safety and integrity of the conference via Zoom co-host capabilities, Zoom conference guidelines, and scripts approved using the group conscience process.
- E. Recordings:** Workshops and speakers sessions will be recorded with audio only. These will be available on socialcoda.org after the conference ends.
- F. Anonymity Intention for Virtual Platform (powerless statement)**

Workshops and speakers in Room 1-the Wisdom Room are being recorded, **Audio Only** and will be available on socialcoda.org after the conference has ended. While we are achieving a level of anonymity with audio recording only (with no video), we are powerless over much more in this virtual platform. We want to make it clear to all attending and sharing that it is technically impossible to stop anyone from recording the conference themselves locally while they attend. We ask that nobody download or post any video recording of this conference. Please do not record or distribute any video images from any part of this conference. We ask that you honor all our 12 Traditions and remember **anonymity** is the spiritual foundation of all our traditions. Marathon Meetings going on simultaneously in Room 2-the Courage Room **Will Not be recorded**.

Speaker Information:

Friday Finding Joy	Heidi A. Phoenix, AZ
Saturday Christmas in June	Darcie D. Murrietta, CA
Sunday The journey to finding the heaven within through healing from codependency.	Jeff L. Los Angeles, CA

Workshop Summary:

	<u>Name/Presenter</u>	<u>Short Description</u>
Workshop1	LGBTQA+ In Recovery Arielle S, Los Angeles	June is Pride Month! See a panel of Queer Fellows sharing their experience, strength, and hope... via moderated questions.

Workshop2	My Subconscious Can't Take a Joke Barbara L, Los Angeles	We will draw attention to what we think and say and see if we believe what we hear and say what we mean.
Workshop3	Tools to Maintain Balance In Your Life Theresa B, Texas	Learn and share ways you maintain balance in various areas of your life. This is an interactive workshop.
Workshop4	Seeing my Higher Self Through Friendship Thuy K/Darlene H, Los Angeles	A desire for healthy and loving relationships-Tradition 3... well, here it is! In our vulnerability, we took the leap into friendship. Bring your Peeling the Onion booklet (not required).
Workshop5	Setting Healthy Priorities through Calendaring Vanessa C, Los Angeles	Do you end the week having accomplished everyone's priorities but your own? This workshop will cover calendaring as a tool for finding serenity and sanity.
Workshop6	Cultural Codependency: When Cultures Clash with Recovery Isabella Y, Florida	In our increasingly global community, we may discover our newfound recovery can conflict with either our own native culture or adopted culture abroad, contributing to or amplifying codependent patterns with far-reaching impact. Bring your Twelve Steps and Twelve Traditions-green workbook (not required).

Workshop Detail (long description):

	<u>Name/Presenter</u>	<u>Long Description</u>
Workshop1	LGBTQA+ In Recovery Arielle S, Los Angeles	The CoDA community is diverse, and it is important to have representation of that diversity. What is common is learning to love the self and exploring identity. Queer Fellows likely have extra experience, strength, and hope to offer in those areas.
Workshop2	My Subconscious Can't Take a Joke Barbara L, Los Angeles	Our subconscious is always listening to our thoughts and words—and putting meaning to them. What we HEAR, if we hear it often enough, becomes our BELIEF. I will offer examples and opportunities to see what we think and say showing the meanings our subconscious hears. With awareness perhaps we can change some beliefs about ourselves.
Workshop3	Tools to Maintain Balance In Your Life Theresa B, Texas	We will use an assessment tool so participants can see where they are currently in regards to living the life they want. Facilitator will explain results and lead discussion on how to continue to use the tool to track progress. Facilitator will share tools and techniques she has learned to help her to develop balance in various areas of her life. Participants will be invited to share tools and techniques that work for them.

Workshop4	Seeing my Higher Self Through Friendship Thuy K/Darlene H, Los Angeles	In the pursuit of healthy and loving relationships, we explore what this means as friends. We've discovered our Higher Selves and grown closer to our respective Higher Powers working the steps into our friendship. We share our unmanageability and new behaviors through examining our experience, strength, and hope in recovery. Bring your Peeling the Onion booklet (not required).
Workshop5	Setting Healthy Priorities through Calendaring Vanessa C, Los Angeles	Do you ever find yourself up until 1am finishing something due the next day? Blind-sided by an appointment you forgot about? At the end of the week having accomplished everyone's priorities but your own? One codependent pattern is "having trouble setting healthy priorities and boundaries." I will share my experience, strength, and hope around scheduling my time – and specifically a tool for preparing for the week ahead. If you are interested in learning about how I have used calendaring to bring serenity into my life, please stop by this workshop.
Workshop6	Cultural Codependency: When Cultures Clash with Recovery Isabella Y, Florida	<p>In our increasingly global community, we may discover our newfound recovery can conflict with either our own native culture or adopted culture abroad, contributing to or amplifying codependent patterns with far-reaching impact.</p> <p>As a first generation American of Italian parents who migrated later in life and a sponsor to internationals, I've observed this first-hand. My own recovery journey has helped me to identify, assess and overcome cultural expectations that were both in conflict with American society...and with the healthy and loving relationships I desire.</p> <p>This workshop seeks to help people identify, address and navigate the potential pitfalls of cultural codependency using CoDA steps and traditions. Bring your Twelve Steps and Twelve Traditions-green workbook (not required).</p>