



2022 INTERNATIONAL CODA CONVENTION SCHEDULE

Time (MDT)	FRIDAY AUGUST 26, 2022	Trusted Servant	Room
7:30 am – 9:00 am	Registration		Convention II Foyer
8:45 am – 9:00 am	WELCOME ASSEMBLY (In-Person)	Holly H.	Virtual/ Sheridan
9:00 am – 10:30 am	WHO IS THE REAL ME? (Virtual Speaker)	Andreza N.	Virtual/ Sheridan
10:30 am – 10:45 am	Break	Break	Break
10:45 am – 12:15 pm	BEGINNING AGAIN A Codependent's Journey Back (Virtual Speaker)	Alisha R.	Virtual/ Sheridan
12:15 pm – 1:30 pm	Lunch on your own	Lunch	Lunch
1:30 pm – 3:00 pm	TAKE MY ADVICE, I'M NOT USING IT Session 1 (In-Person Workshop)	Karen D.	Virtual/ Sheridan
3:00 pm – 3:30 pm	Break	Break	Break
3:30 pm – 5:00 pm	TAKE MY ADVICE, I'M NOT USING IT Session 2 (In-Person Workshop)	Karen D.	Virtual/ Sheridan
5:00 pm – 7:00 pm	Dinner on your own	Dinner	Dinner
7:00 pm – 8:00 pm	OPEN FELLOWSHIP OR FREE NIGHT (In-Person)		Sylvan I or II

Time (MDT)	SATURDAY AUGUST 27, 2022	Trusted Servant	Room
7:30 am – 9:00 am	Registration		Convention II Foyer
9:00 am – 10:30 am	INNER CHILD TO INNER COMMITTEE (Virtual Workshop)	JW	Virtual/ Sheridan
10:30 am – 10:45 am	Break	Break	Break
10:45 am – 12:15 pm	OUR HYBRID MEETING JOURNEY (Virtual Workshop)	Tasha W.	Virtual/ Sheridan
12:15 pm – 1:30 pm	Lunch on our own	Lunch	Lunch
1:30 pm – 3:00 pm	THEY CALL IT LOVE Family Dynamics of Codependency (In-Person Workshop)	Evelyn I.	Virtual/ Sheridan
3:00 pm – 3:30 pm	Break	Break	Break
3:30 pm – 5:00 pm	CoDA INSPIRATIONS Writing Workshop: Daily Meditations for Recovering Codependents (In-Person Workshop)	Sara J. Terry D. Debbie K.	Virtual/ Sheridan
5:30 pm – 7:00 pm	Dinner Buffet (ticket required)		Pactola room
7:30 pm – 8:30 pm	FOOD & BODY IMAGE Using the Patterns and Characteristics to gain awareness of a codependent relationship with food and body-image Speaker (Virtual Speaker)	Samantha F.	Virtual/ Sheridan
Time (MDT)	SUNDAY AUGUST 28, 2022	Trusted Servant	Room
8:30 am – 10:00 am	Breakfast (ticket required)		Pactola room
10:00 am – 11:30 am	POP-UP TESTIMONY / ICC REFLECTIONS (3min/person) (In-Person)	Holly H. Katrina & Pat	Sheridan
11:30 am – 12:00 pm	CLOSING CEREMONY (In-Person)	Holly H.	Sheridan