



BDDG Online Video Convention

3 & 4 October 2020

'Happy, Joyous and Free!'

A warm welcome to all our delegates from the UK and from anywhere else in the world!

We hope that this new venture will help us all to grow in our recoveries, learn to accept ourselves as we navigate the daily challenges of life, personal, social and professional, and enrich the history of BDDG Conventions.

As in previous years, this programme may be amended during the Convention: meeting facilitators will inform you of any alterations.

There will be opportunities before, between and after sessions for general sharing and chat in which all are encouraged to participate.

Please follow the instructions of the Hosts regarding microphones and cameras!

Saturday 3 October 2020 – Noon

You are invited to 'enter' the 'Zoom Room' from noon onwards to socialise in an informal manner - within the constraints of ZOOM.

It's up to all of us to engage and create the Convention!

Speaker session 1:

1400 – 1530: 'Happy, Joyous and Free!'

- Welcome remarks Catherine D., BDDG National Chairman
- 'Lead Shares' from BDDG members / overseas delegates
- 'Raised Hand' participation

Speaker session 2:

1600 – 1700: 'Resilience'

- Keynote Speaker – Dr Michael Kaufmann, Medical Director Emeritus, Physician Health Programme, Canada
- 'Raised Hand' participation

Speaker session 3:

1900 – 2100: 'Emotional Sobriety!'

- 'Lead Shares' from BDDG members / overseas delegates
- 'Raised Hand' participation

Sunday 4 October 2020 – Noon

Speaker session 4: 'Zoom Room' will open from noon as yesterday

1400 – 1600: 'The Family Disease of Addiction!'

Keynote Speaker – Dr Jane Marshall, Consultant Psychiatrist in the Addictions - South London and Maudsley NHS Foundation & NHS Practitioner Health Programme

- 'Lead Shares' from BDDG and BDDG Family Group members who are members of Adult Children of Alcoholics and Alateen
- 'Raised Hand' participation

We hope to see you 'Face-to-Face' in Exeter in October 2021!