

**Healing Together 2022  
Virtual!**

**Q: What can I expect?**

**A:** You can expect the unexpected. This is our first time trying hybrid and we are hoping for smooth sailing but preparing for rough waters. Please pack some patience and understanding as our organization is all volunteer run. Our board has been working tirelessly to figure out this transition along with still working their full time jobs.

**Q: Where will be conference be held?**

**A:** In your home, office, or place of your choice! Starting on Friday February 4th, you will be able to access the conference Zoom link. This will provide time to test your connection, trouble shoot any issues, and get familiar with the program. You may even find us on there! We highly recommend trying to log in prior to Saturday morning!

**Q: I want to take pictures or record all or part of the session. Is that okay?**

**A:** Nope it isn't. We have always held confidentially in high regard. At the typical conference, we can easily monitor recording and picture taking. We are counting on our attendees to respect everyone's right to privacy and not record, photograph, or share information on speakers or other attendees. Please don't copy the chat box either.

**Q: Will handouts be available for download this year?**

**A:** This will be up to each presenter. If they send us to us, they will be attached to the link for each session.

**Q: I'm eager to learn and grow through this conference. What happens if I'm triggered?**

**A:** We will have a virtual grounding room at the main conference page. There will be videos for grounding and other activities to help you center. You are also welcome to leave a session at any time to take a walk, pet your pet, or call your support person or therapist.

**Q: I noticed the agenda includes "optional lunch time chat and chews". Can you give me more information about these groups?**

**A:** Groups listed on the agenda are run by An Infinite Mind and will be facilitated by mental health professionals in the designated Zoom room.

**Q: How can I connect with others at the conference?**

**A:** There will be a conference message board for participants, If there is a specific topic you want to discuss or a sub-group you would like to connect with, you can leave a note on the message board and set something up on your own. Should you chose to do this, it will be a NON-conference event and will not be monitored. This year we are trying out a lobby where attendees can mingle during breaks or go to talk more if they like, just like at the face to face conference. Also like the face to face conference, we don't listen in on conversations so we rely on you to let us know if you feel something is appropriate.

**Q: Will the sessions be recorded for later listening?**

**A:** Unfortunately no. We are looking at possible options for next year. Managing the switch to hybrid was enough on our plate!

**Q: Why are some face to face sessions and events not on the livestream?**

**A:** Each presenter had the option to choose if they felt comfortable being livestreamed. Not all did requiring us to make different agendas.