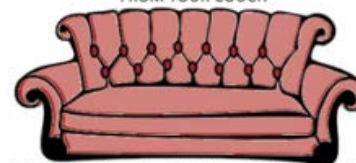


# Convention From Your Couch

JUNE at-a-glance *(as of 6/15, all times shown in Eastern)*

C•O•N•V•E•N•T•I•O•N

FROM YOUR COUCH



52020: E1: The One Where We All Practiced Social Distancing  
NATIONAL DOWN SYNDROME CONGRESS

	<b>General Workshops</b> <i>(all available for replay)</i>	<b>Deep Dives &amp; Sharing Sessions</b> <i>(not recorded, must attend "live")</i>	<b>Youth &amp; Adults (Y&amp;A)</b> <i>(all available for replay, except where noted)</i>	<b>Brothers &amp; Sisters (B&amp;S)</b> <i>(not recorded, must attend "live")</i>
<b>June 1</b>			8 PM – Calendaring 8 PM – Con Altura	
<b>2</b>	2 PM – Throwing Out the Box	7:30 PM - Dads only (0-12) 7:30 PM - DS-ASD		
<b>3</b>	2 PM – Feeding Challenges 4 PM – Maximizing Speech		8 PM – Start Your Own Business ("live" on Zoom)	
<b>4</b>		7:30 PM - Grandparents 7:30 PM - Moms only (0-12)		
<b>5</b>		1 PM – Deep Dive, Understandable Speech, Libby Kumin		
<b>6/7</b>				
<b>8</b>			8 PM - Advocacy	
<b>9</b>	2 PM – Q&A about Health, Teens/Adults	7:30 PM - Adult Siblings 7:30 PM - Dads only (0-12) 7:30 PM – Moms only (0-12)		
<b>10</b>	2 PM – Ask the Doc (0-12) 5 PM – Stop, Squeeze, Breathe		8 PM – Let’s Play Drums	
<b>11</b>	2 PM – Intro to Higher Ed 4 PM – Beyond CPAP	7:30 PM - Grandparents 7:30 PM - Moms only (Teens/Adults) 7:30 PM – Dads only (Teens/Adults)		
<b>12</b>				
<b>13/14</b>				
<b>15</b>			8 PM – Born to Rock	5 PM - Zoom Meeting
<b>16</b>	2 PM – What’s Happening in DC 4 PM – Desensitization of Med Equipment	7:30 PM - Moms only (Teens/Adults) 7:30 PM – Dads only (Teens/Adults) 7:30 PM - Parents of only child		
<b>17</b>	7 PM – Home is Where		8 PM – Zumba with Yulissa	
<b>18</b>	1 PM – Healthcare Guidelines for Adults 6 PM – D.A.D.S.	7:30 PM - Adult Siblings 7:30 PM - DS-ASD 7:30 PM - Parents of only child		
<b>19</b>		1 PM – Deep Dive, IEP Bootcamp, Kathy Everett		
<b>20/21</b>				
<b>22</b>			8 PM – Fun Fitness for You	5 PM - Zoom Meeting
<b>23</b>				
<b>24</b>		2 PM – Deep Dive, Transition to College & Career, Mary Morningstar	8 PM - SPOTLIGHTS	
<b>25</b>	1 PM – GLOBAL Research & Medical Care Roundtable		6 PM – Open Mic ("live" on Zoom)	5 PM - Zoom Meeting
<b>26</b>			8 PM – Talent Show	
<b>27</b>	1 PM Advocacy Training Boot Camp 4 PM Awards Ceremony 6 PM Membership Meeting 7 PM Plenary with Zack Gottsagen & More 9 PM 321 Zoom Dance Party			