



SATURDAY, APRIL 28 TOURS

Tours of four Lower Mainland cohousing communities will run at 10 am, 12 noon and 2 pm, with spaces reserved through pre-registration. Thank you to the following communities for opening their doors to conference attendees:

- Cranberry Commons Cohousing, Burnaby
- Quayside Village Cohousing, North Vancouver
- Vancouver Cohousing, Vancouver
- Windsong Cohousing, Langley

SATURDAY, APRIL 28 ADD-ON WORKSHOP

Venue Mount Pleasant Neighbourhood House, 800 East Broadway, Vancouver

1:00 - 1:30 Conference registration packages available

1:30 - 4:30 Workshop with Tree Bressen (pre-registration required)

Applied Design for Making Better Meetings

Join Tree Bressen for an interactive workshop on key meeting design skills, such as choosing what to talk about; lively ways to explore topics; streamlining through effective delegation; and other facilitation questions as contributed by participants. If your meetings have 20+ people sitting in full group discussion for 2 hours or longer, you are missing out. Learn why to consider different formats, and what some of your options are. This will be a fun, participatory session!

SATURDAY, APRIL 28 KEYNOTE ADDRESS + BANQUET

Venue Mount Pleasant Neighbourhood House, 800 East Broadway, Vancouver

5:00 - 6:00 Conference registration packages available

5:00 Drinks Cash only, \$5 beer + wine, \$2.50 mocktail

6:00 Banquet

7:00 Opening remarks Lysa Dixon + Mackenzie Stonehocker

7:10 Welcome from Vancity Lilian Chau

7:20 Presentations to cohousing pioneers Maureen Butler + Kathy McGrenera

7:30 Keynote address Grace Kim

The Social Science of Cohousing

Loneliness has become an international health epidemic, from the UK appointing their first ever Minister of Loneliness, to Japanese elders committing petty crimes to seek out community in prison. And North Americans are not immune. In her keynote address, Grace Kim will illustrate how cohousing can increase life expectancy through social connections and share strategies to elevate the level of communitas in your community -- whether it be yet unbuilt or long-established.

SUNDAY, APRIL 29 CONFERENCE SESSIONS

Venue SFU Segal Building, 500 Granville St, Vancouver

9:00 - 9:45 Conference registration packages available

Opening Remarks + Cohousing 101	Opening Remarks + Aging Well in Community	Opening Remarks + Breaking Bread: Approaches to Common Meals
9:45 - 10:45 Room 1500	9:45 - 10:45 Room 1200	9:45 - 10:45 Room 1300

10:45 - 11:00 Break

Burning Souls: The Fire to Start Cohousing	Lost & Found in Translation: Cohousing in Denmark	Systems That Work: Keeping the Energy Alive
11:00 - 11:45 Room 1500	11:00 - 11:45 Room 1200	11:00 - 11:45 Room 1300

11:45 - 1:15 Lunch provided

Growing Up in Cohousing 1:15 - 2:00 Room 1200	Conflict: Fight, Flight or Opportunity? 1:15 - 3:00 Room 1300/1500 90 min deep dive + break
2:00 - 2:15 Break	
Disability in Cohousing: Strengthening Community through Accommodation 2:15 - 3:00 Room 1200	

3:00 - 3:15 Break

Tomo House + Cohousing 'Lite': A new model for cohousing 3:15 - 4:00 Room 1200	Participation: Working a Hairball 3:15 - 5:00 Room 1300/1500 90 min deep dive + break
4:00 - 4:15 Break	
Next Steps for New Groups: Now What? 4:15 - 5:00 Room 1200	



Cohousing 101

9:45 - 10:45 Room 1500

What is cohousing? How is it different from other types of intentional communities or typical market-driven housing? Learn how cohousing residents participate in the planning, design and ongoing management of their community. Find out how each community's personality is formed by that group's members, values and processes. This is your first glimpse into what it takes to build cohousing.

Aging Well in Community

9:45 - 10:45 Room 1200

Harbourside Cohousing is a senior-focused community in Sooke, completed in January 2016. Central to our vision of aging well together is a program of voluntary neighbourly mutual support that we call Community Care, or Co-Care for short. While informal mutual support is characteristic of cohousing in general, ours is the first intentional co-care program that we know of in Canada. Our presentation focuses on how we recognize and support interdependence as a key to flourishing as we age. We will share stories to illustrate how co-care provides supportive ways to respond to the challenges of aging in cohousing. We will also invite audience participation to suggest solutions to some co-care challenges we have experienced.

Breaking Bread: Approaches to Common Meals

9:45 - 10:45 Room 1300

Common meals are an important tool for building connection amongst group members, but cohousing communities take unique approaches to the number of meals per week, dividing the work of cooking and clean-up, and accounting for the costs of shared meals. In this session, dive into the details of how Capitol Hill Urban Cohousing, Windsong Cohousing and Vancouver Cohousing manage their common meals. We hope you'll share what works for your community.

Burning Souls: The Fire to Start Cohousing

11:00 - 11:45 Room 1500

Cohousing has a non-hierarchical structure, but most groups have one or two "burning souls" -- people so dedicated to building a cohousing community that their energy and commitment helps the initial idea become a reality. In this panel discussion, hear about the highs and lows of building community from people who drove the creation of Quayside Village Cohousing, Vancouver Cohousing and Roberts Creek Cohousing.

Systems That Work: Keeping the Energy Alive

11:00 - 11:45 Room 1300

What happens once you move in? Every community creates systems for managing the day-to-day details of living in community. Do you have a system that works well? Are you looking for new approaches from other communities? Join us for "speed-dating" for community tools and processes: we'll dive into the nitty-gritty of systems that are working well or need resuscitation in your community (e.g. organizing work bees, or integrating new members). Bring your ideas and questions to engage with the group, then continue your conversations in a breakout area during our extended lunch hour!

Lost & Found in Translation: Cohousing in Denmark

11:00 - 11:45 Room 1200

What aspects of cohousing are translatable from Denmark to North America? This presentation will include a snapshot of two Danish cohousing communities that Barb Whittington visited in 2017. Tracy Mills, Danish by background, will add her understanding of the practicalities, philosophy and culture, as these two members of Ravens Crossing Cohousing discuss what North Americans can learn from cohousing developments in Denmark.

Conflict: Fight, Flight or Opportunity?

1:15 - 3:00 Room 1300/1500

Note: Double-length deep dive (90 min + break)

Occasional upset is part of the human condition -- if you think your group doesn't experience conflict, you're either in denial or not paying attention! The challenge is not reducing the incidence of conflict; it's learning how to respond to it constructively and to avoid being paralyzed by the drama. In this workshop, we'll establish the primacy of acknowledging feelings and how to harness them as a source of information and energy. We'll discuss why, when, and how to work with conflict in the group -- and make it clear why there are times when you cannot afford not to.

Growing Up in Cohousing

1:15 - 2:00 Room 1200

Growing up in cohousing offers many great opportunities for children. In addition to having access to a wider range of playmates and neighbours, people often comment that children from cohousing get along well with adults and have an expanded set of collaboration skills. Join this session to hear from young adults and teenagers who have grown up -- and are still growing up -- in cohousing!

Disability in Cohousing: Strengthening Community through Accommodation

2:15 - 3:00 Room 1200

Many cohousing communities are interested in improving and expanding accessibility for their members. It is easy to see this as a transaction that costs the community time and money, while benefiting only a few, but there is another way to see it. Join us for a collaborative exploration (including a group exercise) of creative ideas for accommodations that serve to benefit all community members.

Participation: Working a Hairball

3:15 - 5:00 Room 1300/1500

Note: Double-length deep dive (90 min + break)

Many groups struggle with how to develop a fair yet flexible understanding of what non-monetary participation is expected from members for the maintenance and well-being of the group. While all groups rely on such contributions, many find it a constant source of irritation that everyone doesn't contribute equally. In this workshop, we'll lay out all the questions that need to be addressed to develop a robust culture in this regard. We'll look at the pros and cons of high structure versus low structure solutions, and touch the third rail of accountability.

Tomo House + Cohousing 'Lite': A new model for cohousing

3:15 - 4:00 Room 1200

Creating a cohousing community can be a challenge. Cohousers must build community, find and finance land and hire professionals to build their projects. Cohousing consultant Chuck Durett estimates that 70-80% of communities do not succeed. Can a new kind of partnership like the one between an innovative developer (Tomo Spaces) and a cohousing community (Our Urban Village) streamline the process? Learn how the right developer and a flexible community might make your cohousing process easier, faster and less risky.

Next Steps for New Groups: Now What?

4:15 - 5:00 Room 1200

Curious about forming a new cohousing group? Join Our Urban Village co-founder James Chamberlain and Driftwood Village Cohousing founder Mackenzie Stonehocker to ask questions about their early days, learn what your group should do to build a strong foundation, find out about newly forming groups, or even join forces with people interested in forming a group in your area.