

Guam's 7th Annual Behavioral Health and Addictions
Virtual Conference
Time Zone Conversion Chart

Wednesday, September 23, 2026								Thursday, September 24, 2026							
DAY ONE	American Samoa	HST	PDT	MDT	CDT	EDT	AST	Koror	Guam	Northern Mariana Islands	Yap	Chuuk	Pohnpei	Kosrae	Marshall Islands
Opening Remarks	11:00 AM	12:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	7:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	9:00 AM	9:00 AM	10:00 AM
Plenary Session	12:00 PM	1:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	8:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	10:00 AM	10:00 AM	11:00 AM
Break	1:00 PM	2:00 PM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	9:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	11:00 AM	11:00 AM	12:00 PM
Concurrent Workshops	1:15 PM	2:15 PM	5:15 PM	6:15 PM	7:15 PM	8:15 PM	9:15 PM	9:15 AM	10:15 AM	10:15 AM	10:15 AM	10:15 AM	11:15 AM	11:15 AM	12:15 PM
Lunch Break	2:15 PM	3:15 PM	6:15 PM	7:15 PM	8:15 PM	9:15 PM	10:15 PM	10:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	12:15 PM	12:15 PM	1:15 PM
Movement Break	3:00 PM	4:00 PM	7:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	11:00 AM	12:00 PM	12:00 PM	12:00 PM	12:00 PM	1:00 PM	1:00 PM	2:00 PM
Concurrent Workshops	3:15 PM	4:15 PM	7:15 PM	8:15 PM	9:15 PM	10:15 PM	11:15 PM	11:15 AM	12:15 PM	12:15 PM	12:15 PM	12:15 PM	1:15 PM	1:15 PM	2:15 PM
Break	4:15 PM	5:15 PM	8:15 PM	9:15 PM	10:15 PM	11:15 PM	12:15 PM	12:15 PM	1:15 PM	1:15 PM	1:15 PM	1:15 PM	2:15 PM	2:15 PM	3:15 PM
Plenary Session	4:30 PM	5:30 PM	8:30 PM	9:30 PM	10:30 PM	11:30 PM	12:30 AM	12:30 PM	1:30 PM	1:30 PM	1:30 PM	1:30 PM	2:30 PM	2:30 PM	3:30 PM
Adjourns	5:30 PM	6:30 PM	9:30 PM	10:30 PM	11:30 PM	12:30 AM	1:30 AM	1:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM	3:30 PM	3:30 PM	4:30 PM

Thursday, September 24, 2026								Friday, September 25, 2026							
DAY TWO	American Samoa	HST	PDT	MDT	CDT	EDT	AST	Koror	Guam	Northern Mariana Islands	Yap	Chuuk	Pohnpei	Kosrae	Marshall Islands
Opening Remarks	11:00 AM	12:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	7:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	9:00 AM	9:00 AM	10:00 AM
Plenary Session	11:15 AM	12:15 PM	3:15 PM	4:15 PM	5:15 PM	6:15 PM	7:15 PM	7:15 AM	8:15 AM	8:15 AM	8:15 AM	8:15 AM	9:15 AM	9:15 AM	10:15 AM
Break	12:15 PM	1:15 PM	4:15 PM	5:15 PM	6:15 PM	7:15 PM	8:15 PM	8:15 AM	9:15 AM	9:15 AM	9:15 AM	9:15 AM	10:15 AM	10:15 AM	11:15 AM
Concurrent Workshops	12:30 PM	1:30 PM	4:30 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM	8:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	10:30 AM	10:30 AM	11:30 AM
Lunch Break	1:30 PM	2:30 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM	9:30 PM	9:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM	11:30 AM	11:30 AM	12:30 PM
Movement Break	2:15 PM	3:15 PM	6:15 PM	7:15 PM	8:15 PM	9:15 PM	10:15 PM	10:15 AM	11:15 AM	11:15 AM	11:15 AM	11:15 AM	12:15 PM	12:15 PM	1:15 PM
Concurrent Workshops	2:30 PM	3:30 PM	6:30 PM	7:30 PM	8:30 PM	9:30 PM	10:30 PM	10:30 AM	11:30 AM	11:30 AM	11:30 AM	11:30 AM	12:30 PM	12:30 PM	1:30 PM
Break	3:30 PM	4:30 PM	7:30 PM	8:30 PM	9:30 PM	10:30 PM	11:30 PM	11:30 AM	12:30 PM	12:30 PM	12:30 PM	12:30 PM	1:30 PM	1:30 PM	2:30 PM
Plenary Session	3:45 PM	4:45 PM	7:45 PM	8:45 PM	9:45 PM	10:45 PM	11:45 PM	11:45 AM	12:45 PM	12:45 PM	12:45 PM	12:45 PM	1:45 PM	1:45 PM	2:45 PM
Closing Remarks	4:45 PM	5:45 PM	8:45 PM	9:45 PM	10:45 PM	11:45 PM	12:45 AM	12:45 PM	1:45 PM	1:45 PM	1:45 PM	1:45 PM	2:45 PM	2:45 PM	3:45 PM
Conference Adjourns	5:30 PM	6:30 PM	9:30 PM	10:30 PM	11:30 PM	12:30 AM	1:30 AM	1:30 PM	2:30 PM	2:30 PM	2:30 PM	2:30 PM	3:30 PM	3:30 PM	4:30 PM