



# ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL FAMILIES

---

SATURDAY, 16<sup>TH</sup> OF SEPTEMBER AT 4:00 P.M.

Club Recovery, 2500 N. Anvil Ct., Hernando, Florida 34442

---

ACA is a Twelve Step, Twelve Tradition support group focused on understanding the specific behavior and attitude patterns we developed while growing up in an alcoholic or other dysfunctional environment.

These patterns continue to affect us today

The ACA beginners meeting handbook slowly brings participants out of isolation through a predictable, structured, drop-in meeting framework. This approach allows them to engage with program resources incrementally with less likelihood of becoming overwhelmed. Participants can miss weeks, attending at their own pace, and still feel supported as they learn what it means to "work a program." More intensive reparenting practices and Step work can begin independently from this introductory handbook overview at whatever point participants themselves determine they are ready.

YOU ARE INVITED TO JOIN IN RECOVERY

[ACAhope.com](http://ACAhope.com) (workbook pdf)

[Adultchildren.org](http://Adultchildren.org)

