

Sunday 9:00am – 10:00am

"Becoming Your Own Loving Parent" Meeting

Location: The Center

1408 N. Killian Drive, Suite 105

Lake Park, FL 33403

(Killian is off Old Dixie, south of Northlake Blvd.

Entrance is on west side of building)

Contact: JoAnn R. 561.379.3933

Sunday 9:00am – 10:00am (ZOOM only)

"Sunday Morning Zoom" Meeting

Meeting ID: 822 3330 7763

Password: 111222

Contact: Nancy 206.499.0091

Email: nzn43@aol.com

Sunday 5:30pm - 6:30pm

"Talk, Trust, Feel (Literature Meeting)" (FL-343)

Location: The Crossroads Club

1700 Lake Ida Road - Room B*

Delray Beach, FL 33445

Contact: Meghan 561.251.8995

Tuesday 12:00pm – 1:00pm

"What About That Laundry List?" Meeting (FL-254)

Meeting ID: 432-860-084

Password: 135048

Contact: Andy 516.359.9733

Email: a457@aol.com

Tuesday 6:00pm - 7:00pm - Women's Meeting (ZOOM only)

Topic is a selection from the "Strengthening My Recovery" daily affirmation book

Meeting ID: 769-5428-4044

Password: 337755

Contact: Rita G. 561.596.9330

Tuesday 6:30pm - 7:30pm - Men's Meeting

"Men's Above" Meeting (FL-327)

Location: Easy Does It Club

2677 Forest Hill Blvd, Room 107

West Palm Beach

Contact: Chris 561.282.8687

Wednesday 5:30pm - 6:30pm - Women's Meeting

"Time for Healing" Meeting (Open Topic)

Location: Unitarian Universalist Church

635 Prosperity Farms Rd.

North Palm Beach

(Located between Lighthouse Dr. and Northlake

Blvd. Held in building to south of church)

Wednesday 5:30pm - 6:30pm

"Talk, Trust, Feel" Literature Meeting

Location: Crossroads Club

1700 Lake Ida Road

Delray Beach, FL 33445

Contact: Meghan 561.251.8995

Wednesday 6:15pm - 7:15pm

"Discover The Child Within" Meeting

(Big Red Book Study)

Location: The Meeting Place

1897 Palm Beach Lakes Blvd., Ste. 121, WPB

Contact: Lori 561-578-9468

Wednesday 7:15pm – 8:15 pm - Men's Meeting (In-Person and ZOOM)

Palm Beach Gardens Men's ACA (FL-174)

Location: Gardens Presbyterian Church

4677 Hood Road

Palm Beach Gardens, FL 33418

Meeting ID: 965 964 910

Password: 135048

Contact: Jim 561.346.0624

Email: jimathy3@yahoo.com

Thursday 7:00pm - 8:00pm

"The Good Enough Group" Meeting

Location: Easy Does It Club

2677 Forest Hill Blvd, Suite 107, WPB

Contact: Sue N. 561.308.8005

Email: suen4bal@aol.com

Thursday 7:00pm - 8:00pm (ZOOM Only)

"From Hurting to Healing to Helping" Meeting

Meeting ID: 949 338 33927

Password: 089892

Contact: Meriah M. 917.225.0809

Thursday 7:30pm - 8:30pm - Women's Meeting

"Expecting the Best" Meeting

Location: Triangle Club

1369 Old Okeechobee Rd, WPB

(Private entry from back of building)

Contact: Wynne S. 561.389.5236

Friday 10:30am - 11:30am - Women's Meeting

"Women's Log Cabin ACA" Meeting

Location: Tropical Sands Christian Church

2726 Burns Road, Palm Beach Gardens

(Held in log cabin behind the church)

Contact: Michelle T. 561.373.5640

Email: michellegristurner@gmail.com

Friday 12:00pm (noon) - 1:15pm (ZOOM Only)

"Addicted to Excitement/

Workaholism" Meeting

Meeting ID: 847 0803 1100

Passcode: 882683

Contact: Val 561.480.7687 (text only please)

Friday 6:00pm – 7:00pm (In-Person & ZOOM)

"Fearless Fridays" Meeting (FL-164)

Location: The Center

1408 N. Killian Drive, Suite 105

Lake Park, FL 33403

(Killian is off Old Dixie, south of Northlake Blvd.

Entrance is on west side of building)

Meeting ID: 682 421 426

Password: 135048

Contact: Andy 516.359.9733

Email: a457@aol.com

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*"The Solution is to become  
your own loving parent."*

*"As ACA becomes a safe place  
for you, you will find freedom to  
express all the hurts and fears you have  
kept inside you and to free yourself  
from the shame and blame that are  
carryovers from the past."*



**Saturday 9:30am - 10:30am - Women's Meeting (OUTDOOR)**

*"Saturday Morning Women's Meeting"*

**Location:** Anchorage Park

608 Anchorage Drive, North Palm Beach

(Meeting is past the volleyball courts on the north side of the park, under the shade of the large trees)

Bring a Chair. Cancelled with heavy rain.

**Contact:** JoAnn R. 561.379.3933

**Saturday 10:30am – 11:30am**

*"From Surviving to Thriving" Meeting (FL-170)*

**Location:** The Center

1408 N. Killian Drive, Suite 105

Lake Park, FL 33403

(Killian is off Old Dixie, south of Northlake Blvd.

Entrance is on west side of building)

**Contact:** Derrick V. 215.478.3786

**Email:** derrick.vlad@yahoo.com

**Saturday 5:30pm - 6:30pm**

*"Boca Pines" Meeting*

**Location:** Boca Pines Club

9910 Sandalfoot Blvd, Unit 5.

Boca Raton, FL 33428

**Contact:** bocapinesaca@gmail.com

**What is an "Adult Child"?**

The term "adult child" means that we respond to adult interactions with the fear and self-doubt learned as children. This undercurrent of hidden fear can sabotage our choices and relationships. We can appear outwardly confident while living with a constant question of our worth. (Big Red Book, p 3)

**The ACA Program's Purpose**

The purpose of ACA is three-fold: to shelter and support "newcomers" in confronting "denial"; to comfort those mourning their early loss of security, trust and love; and to teach the skills for reparenting ourselves with gentleness, humor, love, and respect. (Big Red Book, p 82)

**Tony A's 12 Steps**

1. We admitted we were powerless over the effects of living with alcoholism (and family dysfunction) and that our lives had become unmanageable.
2. We came to believe that a power greater than ourselves could bring us clarity.
3. We made a decision to practice self-love and to trust in a Higher Power of our understanding.
4. We made a searching and blameless inventory of our parents because, in essence, we had become them.
5. We admitted to our Higher Power, to ourselves and to another human being the exact nature of our childhood abandonment.
6. We were entirely ready to begin the healing process with the aid of our Higher Power.
7. We humbly asked our Higher Power to help us with our healing process.
8. We became willing to open ourselves to receive the unconditional love of our Higher Power.
9. We became willing to accept our own unconditional love by understanding that our Higher Power loves us unconditionally.
10. We continued to take personal inventory and to love and approve of ourselves.
11. We sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of its will for us and the power to carry it out.
12. We have had a spiritual awakening as a result of taking these steps, and we continue to love ourselves and to practice these principles in all our affairs.

*Tony A, co-founder of ACA, said "ACAs should strive to make these 12 Steps an integral part of daily living" as they reflect the importance of learning to love ourselves, take an inventory of our parents, keep the focus on ourselves, and find a Higher Power to act as a loving parent.*



**Adult Children of Alcoholics  
& Dysfunctional Families**

**Palm Beach County  
Meeting List**

**ACA Serenity Prayer**

*God, grant me the serenity  
to accept the people I cannot change,  
the courage to change the one I can,  
and the wisdom to know that one is me.*

Revised May 30, 2023  
For the most current meeting info, visit  
[https://www.acasouthflorida.org/  
palmbeachmeetings](https://www.acasouthflorida.org/palmbeachmeetings)