

## PALM BEACH COUNTY MEETINGS (CONT)

### Friday 10:30am - 11:30am WOMEN ONLY

*"Women's Log Cabin ACA" Meeting (FL-446)*

Reading/Discussion from Big Red Book

**Location:** Tropical Sands Christian Church

2726 Burns Road, Palm Beach Gardens

(Held in LOG CABIN behind the church)

**Contact:** Jewel N 561-586-8308

### Saturday 9:30am - 10:30am WOMEN ONLY

**(OUTDOOR MEETING)**

*"Saturday Morning Women's Meeting" (FL-344)*

**Location:** Anchorage Park

608 Anchorage Drive, North Palm Beach

Meet under large shade trees on north side of park past the volleyball area.

\*\* BRING A CHAIR / TOWEL TO SIT ON \*\*

**Contact:** Kathy A. 561-236-4298

### Saturday 10:30am – 11:30am

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

**Location:** Tropical Sands Christian Church

2726 Burns Road, Palm Beach Gardens

(Held in LOG CABIN behind the church)

**Contact:** Derrick V. 215-478-3786

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

### Saturday 5:30pm - 6:30pm

*"Boca Pines" Meeting (FL-362)*

**Location:** Boca Pines Club

9910 Sandalfoot Blvd, Unit 5, Boca Raton

**Contact:** bocapinesaca@gmail.com

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## 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)

## MARTIN COUNTY

### Monday 5:45-6:45pm

*"Treasure Coast ACA Meeting" (FL-374)*

Read from "Strengthening My Recovery"

**Location:** St. Mary's Episcopal Church

623 SE Ocean Blvd., Stuart

(Meeting Room #1. Adjacent to Pittenger

Center. Turn onto SE Amerigo Ave.

Park in front of meeting room)

**Contact:** Darrell 772-631-0937

## ST. LUCIE COUNTY

### Saturday 12:00-1:00pm

*Loving Parent Meeting (FL-422)*

**Location:** All Village Presbyterian Church

1550 SW Heatherwood Blvd., Port St Lucie

**Contact:** Debbie 516-857-8558

**Email:** [ACALovingParent@yahoo.com](mailto:ACALovingParent@yahoo.com)



**PLEASE SIGN UP FOR OUR  
LOCAL NEWSLETTER**

to receive occasional emails  
about new meetings  
and upcoming events.

Visit [ACASouthFlorida.org](http://ACASouthFlorida.org)  
or scan the QR code

**MEETING DETAILS SOMETIMES CHANGE  
BETWEEN FLYER UPDATES**

Consider contacting the meeting representative  
before attending a new meeting.



# Adult Children of Alcoholics and Dysfunctional Families

## Palm Beach, Martin, and St. Lucie 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 FEB 2026

Please contact SE FL Intergroup to report  
meeting updates: [info@acasouthflorida.org](mailto:info@acasouthflorida.org)

For the most current meeting info, visit  
<https://www.acasouthflorida.org>

## **PALM BEACH COUNTY MEETINGS (CONT)**

### **Sunday 9:00am – 10:00am**

*"Becoming Your Own Loving Parent" Meeting (FL-159)*

**Location:** Tropical Sands Christian Church  
2726 Burns Road, Palm Beach Gardens  
(Held in LOG CABIN behind the church)

**Contact:** Denis W. 561-543-2525  
Steve B. 313-220-7439

### **Sunday 9:00am – 10:00am OUTDOOR MEETING**

*"Love No Matter What" Meeting (FL-450)*

(Loving Parent Guidebook meeting)

**Location:** Burt Reynolds Park  
805 US Hwy#1, Jupiter, Pavillion #5

**Contact:** Susan 732-433-7873

**Email:** lovenomatterwhatjupiterfl@gmail.com

### **Sunday 9:00am – 10:00 ZOOM ONLY**

*"Sunday Morning Zoom" Meeting*

After 9:05am may be limited access  
due to Zoom bombing!

Meeting ID: 894 3351 3030 Password: 111222

**Contact:** Jim D. 561-401-7422

### **Sunday 5:30pm - 6:30pm**

*"Talk, Trust, Feel" (FL-343)*

Big Red Book Meeting

**Location:** The Crossroads Club  
1700 Lake Ida Road - Room A, Delray Beach

**Contact:** Meghan 561-251-8995

**Email:** acadelraybeach@gmail.com

### **Monday 6:00-7:00pm**

*"Discovering A New Hope" Meeting (FL-444)*

**Location:** First Unitarian Universalist Church  
635 Prosperity Farms Rd, North Palm Beach  
Held in admin building south of church. Enter through  
the single door to the left of the double doors.

**Contact:** Christine G.

**Email:** Christine12aca@gmail.com

### **Monday 6:30pm-7:30pm**

*"To Love & Approve of Ourselves" Meeting (FL-425)*

*LGBTQ+ Meeting – Allies welcome!*

**Location:** Unity Church Delray Beach  
101 NW 22<sup>nd</sup> St, Delray Beach

**Contact:** Shane S. 561-699-1337

### **Tuesday 12:00pm – 1:00pm ZOOM ONLY**

*"What About That Laundry List?" Meeting*

Meeting ID: 432-860-084 Password: 135048

**Contact:** Andy P. 516-359-9733

**Email:** a457@aol.com

### **Tuesday 5:30pm – 6:30pm**

*"ACA in The Pines" Meeting (FL-457)*

**Location:** St. David in the Pines Episcopal Church  
465 Forest Hill Blvd., Wellington

**Contact:** Karren 203-506-2566

**Email:** Karren1@mac.com

### **Tuesday 6:30-7:30pm WOMEN ONLY**

*"Women's Tuesday ACA" Meeting (FL-426)*

**Location:** First Unitarian Universalist Church  
635 Prosperity Farms Rd, North Palm Beach  
Held in admin building south of church. Enter through  
the single door to the left of the double doors.

**Contact:** Becky: [rbw5@hotmail.com](mailto:rbw5@hotmail.com)

**Phone:** 860-204-1166

### **Tuesday 6:30pm-7:30pm MEN ONLY**

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

**Location:** Easy Does It Club  
2677 Forest Hill Blvd, Room 107, WPB

**Contact:** Chris 561-282-8687

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

The term "adult child" means that we respond to adult interactions with the fear and self-doubt we 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)

### **Wednesday 5:30-6:30pm WOMEN ONLY**

*"Time for Healing" Meeting (FL-340)*

**Location:** Unitarian Universalist Church  
635 Prosperity Farms Rd, North Palm Beach  
Held in admin building south of church.  
Enter through the single door to the left of the  
double doors.

**Contact:** Kathy A. 561-236-4298

### **Wednesday 5:30pm - 6:30pm**

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

Reading from "A New Hope" Booklet

**Location:** Crossroads Club  
1700 Lake Ida Rd. Delray Beach – Room A

**Contact:** Meghan 561-251-8995

**Email:** acadelraybeach@gmail.com

### **Wednesday 6:30-7:30pm**

*"Triangle Red Book" Meeting*

**Location:** Triangle Club Members Lounge  
1369 Old Okeechobee Rd., W. Palm Bch  
**Contact:** Karl O.

**Email:** karlrobertosterman@gmail.com

### **Wednesday 7:15-8:15 pm MEN ONLY**

**(HYBRID: In-Person and ZOOM)**

*Palm Beach Gardens Men's ACA (FL-360)*

**Location:** Gardens Presbyterian Church  
4677 Hood Road, Palm Beach Gardens  
Meeting ID: 965 964 910 Password: 135048

**Contact:** Jim A. 561-346-0624

**Email:** jimathy3@yahoo.com

### **Thursday 7:00pm - 8:00pm**

*"Good Enough Group" Meeting (FL-370)*

**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: 850 4029 3321 Password: 385040

**Contact:** Alex B. 561-358-7664 (text only)