

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

*"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 part, under the shade of the large trees)

\*\* Bring a Chair. Cancelled with heavy rain.

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

**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 11:00am – 12:00 noon**

**(OUTDOOR MEETING)**

*"Here Comes the Sun" Loving Parent Meeting*

**Location:** Howard Park, Blue Roof Pavilion

Howard Park @ Lake Ave and Newark Ave

West Palm Beach, FL 33401

\*\* Bring a chair. We read from the Loving Parent Guidebook and then share.

**Contact:** Frank F. 561-346-1967

**Email:** ffbb@ptd.net

**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

## Tony A's 12 Steps

*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.*

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.



**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 June 1, 2024**

**Please contact Kathy A to report  
meeting updates: 561-236-4298**

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

## 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)

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### 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 (OUTDOOR MEETING)

*"Love No Matter What" Meeting*

(Loving Parent Guidebook meeting)

**Location:** Burt Reynolds Park

805 US Hwy 1, Pavilion #8, Jupiter, FL

**Contact:** Christian C. 561.262.5687

### Sunday 9:00am – 10:00am (ZOOM only)

*"Sunday Morning Zoom" Meeting*

Meeting ID: 822 3330 7763

Password: 111222

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

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

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

**Location:** The Crossroads Club

1700 Lake Ida Road - Room A

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 P. 516.359.9733

**Email:** a457@aol.com

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

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

Meeting ID: 769-5428-4044

Password: 337755

**Contact:** Rita G. 561.596.9330

### Tuesday 7:00pm - 8:00pm - Women's 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)

**Format:** a "Strengthening My Recovery" reading, a 20 minute guided meditation, then open sharing

**Contact:** Rubi 561.371.3911

### 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, WPB

**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

(Held in building to south of church)

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

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

*"Talk, Trust, Feel" Literature Meeting*

**Location:** Crossroads Club

1700 Lake Ida Road – Room A

Delray Beach, FL 33445

**Contact:** Meghan 561.251.8995

### 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 A. 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: 850 4029 3321

Password: 385040

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

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

*"Expecting the Best" Meeting*

**Location:** Triangle Club, in the Serenity Room

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)

### 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 P. 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."***

