

# Support and Recovery for Adult Children of Alcoholics and Dysfunctional Families

Offering support and encouragement as you journey towards healing in your life

## Meeting Information

**When?** Thursdays at 7:00 PM

**Where?** St Ann Church Basement

## Understanding Your Experience

Did you grow up in a home where there was addiction, dysfunction, emotional repression, or physical, sexual, or emotional abuse? You are not alone. The effects of growing up in such an environment do not simply disappear when we become adults.

## What is ACA?

Adult Children of Alcoholics (and Dysfunctional Families) is a 12-step recovery program for men and women who grew up in alcoholic or otherwise dysfunctional homes. We provide a safe, non-judgmental space to share our experiences and learn how to move beyond the "laundry list" of traits that often carry over from childhood.

## Who Should Attend?

You might find this group helpful if you:

- Feel a constant need for approval or struggle with self-esteem.
- Find yourself in repetitive, unhealthy relationship patterns.
- Are "super-responsible" or, conversely, struggle to complete tasks.
- Feel like you are "holding it all together" while struggling internally.
- Experienced a childhood where feelings were ignored or suppressed.

## Our Commitment to Confidentiality

Confidentiality is our foundation. What is said here, stays here. We follow the Twelve Steps Program. Whether your experience was with alcohol, drugs, abuse, neglect, or simply a home where you did not feel safe to be yourself, you are welcome.