



# ACA PUBLIC OUTREACH



**Has your adult life been adversely affected by any of these conditions in your childhood?**

- **Alcoholism**
- **Drug addiction**
- **Abandonment**
- **Mental illness in the parent(s)**
- **Hypochondriac parent(s)**
- **Ritualistic beliefs, harsh punishment, extreme secretiveness**
- **Covert or actual sexual abuse, incest, inappropriate touching or dress by parent(s)**
- **Perfectionistic, shaming homes in which expectations were too high and praise too infrequent**

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If any of these conditions were present, Adult Children of Alcoholics and Dysfunctional Families (ACA) is an anonymous, free 12 step program that can help individuals recover from the effects of growing up in a dysfunctional home.

**Contact these websites for more information**

<a href="http://adulthoodchildren.org">adulthoodchildren.org</a>	
<a href="http://acamontereybay.org">acamontereybay.org</a>	
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