ADULT CHILDREN OF ALCOHOLICS & DYSFUNCTIONAL FAMILIES

Newcomer Resources

Welcome. You are not alone.

ACA is a Twelve Step fellowship for people who grew up in alcoholic or otherwise dysfunctional families. Everything here is free. Start wherever feels right.

New to ACA? Start with the Welcome Path

Do I belong here? How do I get started? What should I read? What is a meeting like?

adultchildren.org/welcome-path

Free literature to read, download, or print

adultchildren.org/literature/free-literature

Scan for every free download

- **ACA Is…**
  What ACA is and who it's for
- **25 Questions: Am I an Adult Child?**
  A short self-check
- **To the Beginner in All of Us**
  A welcome for newcomers
- **The Laundry List**
  Traits many adult children share
- **The Problem and The Solution**
  Read at the start of many meetings
- **The Twelve Steps of ACA**
  The path of recovery
- **Frequently Asked Questions**
  Answers to common first questions
- **The Tool Bag**
  Everyday tools for recovery

Also free: a daily reading by email. Sign up at adultchildren.org/email-subscriptions

Find a meeting

In Santa Cruz and around the Monterey Bay

In person and on Zoom, most days of the week

acamontereybay.org/meetings
ACA MONTEREY BAY INTERGROUP

Online and worldwide

In person, online, or by phone, at almost any hour

adultchildren.org/meeting-search
ACA WORLD SERVICE ORGANIZATION

Good to know

- There are no dues or fees.
- You can just listen. Sharing is optional.
- Try a few meetings to find one that fits.
- First names are all anyone needs.