



# Adult Children of Alcoholics



## New 12-Step Group Starting in Wilmette

for Adult Children of Alcoholics (ACA) or Other Dysfunctional Families

**Where:** St. John's Lutheran Church (2<sup>nd</sup> floor)  
1235 Wilmette Ave., Wilmette, IL.

**When:** Every Monday Night from 6 – 7:00pm

### What is ACA?

Adult Children of Alcoholics (ACA) is a Twelve Step Program of men and woman who grew up in an alcoholic or otherwise dysfunctional home. The ACA program was founded on the belief that family dysfunction is a disease that infected us as children and affects us as adults. Our membership also includes adults from homes where alcohol and drugs were not present; however, abuse, neglect or unhealthy behavior was.

We meet to share our experience and recovery in an atmosphere of mutual respect. We discover how alcoholism and other family dysfunction affected us in the past and influences us in the present. We begin to see the unhealthy elements of our childhood. By practicing the 12 Steps, focusing on the ACA solutions, and accepting a loving higher power of our own understanding, we find freedom.

### What Do We Do in ACA Meetings?

- We share what is happening in our lives and how we are dealing with these issues in our recovery program (i.e., we share our experience, strength and hope).
- We build a personal support network.
- We practice our recovery and personal boundaries by giving service.

*Attend a meeting, what have you got to lose except your misery?*

For more information, please contact Leslie L. at:

[aca.wilmette@gmail.com](mailto:aca.wilmette@gmail.com)

Visit the ACA website to learn more: [www.adultchildren.org](http://www.adultchildren.org)

*This group is open to all and uses a discussion format based on the ACA fellowship book.  
All meetings are confidential and the strictest guidelines of anonymity are upheld.*

Please Post / Copy / Forward this flyer to whoever will benefit. Thanks!

4/14/17