



Adult Children of Alcoholics/ Dysfunctional Families (ACA)

October
2018

L.A. Meeting Directory SoCalACA.org LosAngelesACAIntergroup@gmail.com

The term "adult child" is used to describe adults who grew up in alcoholic or dysfunctional homes and who exhibit identifiable traits that reveal past abuse or neglect. The group includes adults raised in homes without the presence of alcohol or drugs. These ACA members have the trademark presence of abuse, shame, and abandonment found in alcoholic homes. Our 30 years of experience has shown that adult children who attend our meetings, work the Twelve Steps, and find a Higher Power experience astonishing improvement in body, mind and spirit. Ours is one of the few Twelve-Step fellowships that embraces the difficult task of trauma work, which can often lead to an exciting journey to the Inner Child or True Self. Along with sponsorship, we encourage informed counseling to help the adult child accomplish the greatest level of emotional healing from an abusive upbringing.

Excerpted from the Adult Children of Alcoholics/ Dysfunctional Families (ACA) Fellowship Text pp. xii-xiii (2006).



| SUNDAY | | | |
|---------|--|---|--|
| 3 pm | <u>Daily Affirmation Book Meeting</u> Strengthening My Recovery | Spirit of Studio 12 6006 N Laurel Canyon, NORTH HOLLYWOOD 91606 | X-street Oxnard. Park on street, not at strip mall or mattress store CA1106 |
| 2 pm | <u>ACA Anger Release</u> | SHARE! Culver City (Felicity Room) 6666 Green Valley Circle CULVER CITY 90230 | X-street Centinela CA1270 |
| 5 pm | <u>Flip the Script</u> | Church, 44628 10th St. West LANCASTER 93534 | CA1318 |
| 5:30 pm | <u>Any Dysfunctional Family--Step Study</u> | Pasadena Christian Church 789 N. Altadena Dr. PASADENA 91107 | No. of 210 Fwy. CA1111 |
| 6 pm | | 8742 Mulberry Dr. SUNLAND 91040 | Above golf course in house on cul-de-sac CA1114 |
| 6 pm | <u>Moving Towards A Solution</u> | SHARE! Culver City (Felicity Room) 6666 Green Valley Circle CULVER CITY 90230 | X-street Centinela, Red Book Study CA1073 |
| 7:30 pm | <u>Any Dysfunctional Family--Book Study</u> | Pasadena Christian Church 789 N. Altadena Dr. PASADENA 91107 | No. of 210 Fwy. CA1111 |
| MONDAY | | | |
| 6 pm | <u>Recovery and Healing</u> | 1st United Methodist (2nd flr annex) 1551 El Prado Ave. TORRANCE 90501 | CA012 |
| 6:15 pm | | St. Marks Episcopal (in Parish Hall) 1020 North Brand Blvd GLENDALE 91202 | Park & enter rear church. X-street Dryden. CA121 |
| 7 pm | <u>Ladies 12-Step Study</u> | Holy Trinity (Choir Rm.) 100 N. 3rd Ave. COVINA 91723 | 3rd & Badillo, Women, ACAs only (closed) CA1182 |
| 7:30 | <u>Monday Night ACA in Whittier</u> | Matthias Episcopal (Chase Rm.), 7056 Washington Ave. WHITTIER 90602; Book Study | CA1100 |
| 8 pm | <u>Post-Traumatic Stress</u> | SHARE! Culver City (Serenity Room) 6666 Green Valley Circle CULVER CITY 90230 | X-street Centinela, free parking CA1307 |
| TUESDAY | | | |
| 3:30 pm | <u>SHARE! Downtown</u> | SHARE! Downtown (Courage Room), 425 S. Broadway LOS ANGELES 90013 | Near Pershing Sq. Metro Exit, LGBT friendly CA1196 |
| 6 pm | <u>Grupo Nueva Vida</u> | Rincon De Plaza Comercio, 9549-B Telegraph Rd. PICO RIVERA 90660 | Spanish-speaking CA1026 |
| 6:30 pm | <u>Encino Women Step Study</u> | Holy Spirit Retreat Center (Oaks Room) 4316 Lanai Road ENCINO 91436 | Women; Daily Affirmations CA1179 |
| | | So. of Havenhurst & Ventura Blvd. Enter small road, look for building w/parking lot. Look for ACA signs | |
| 7 pm | <u>Sisters of Serenity</u> | St Gregory's Episcopal (Room #1) 6201 E Willow/Woodruff LONG BEACH 90815 | Enter gate near back parking lot; Red Book Study, Women CA986 |
| 7 pm | <u>Pasadena ACA Recovery</u> | Westminster Pres. (Chapel), 1757 N. Lake, PASADENA 91104 | Park in rear, enter right side. |
| 7 pm | <u>Help Is Here</u> | Antelope Valley Hosp. 4th Fl. Rm 7, 1600 W Ave. J LANCASTER 93534 | Enter off 15th, check w/ security. CA1247 |

All meetings are in English, non-smoking, and open to all, unless otherwise specified. Last updated 9/15/18

For info, SoCalACA.org; email info@socalaca.org. L.A. Intergroup meets 1st Sunday, 8 pm, SHARE!, 6666 Green Valley Circle, Culver City 90230

| WEDNESDAY | | | | |
|-----------|--|--|--|-----------|
| 10 am | <u>Weds. ACA Red Book Meeting</u> | MWA Club; 835 E 33rd St SIGNAL HILL 90755 | 3 blocks east of Atlantic across from Target | CA044 |
| 12 noon | <u>No Victims</u> | Kaiser CRDP Bldg. 2 Room D; 23621 S. Main, CARSON 90745 | Book Study | CA1273 |
| 6:30 pm | <u>ACA Step Study</u> | 1st United Methodist (2nd flr annex) 1551 El Prado Ave. TORRANCE 90501 | | CA1192 |
| 7 pm | <u>Wednesday Valley ACA</u> | As You Are Church (Education Room) 7855 Lindley Ave., RESEDA 91335 | | CA1144 |
| 7:30 pm | <u>SHARE! Downtown</u> | SHARE! Downtown (Courage Room) 425 S. Broadway LOS ANGELES 90013 | Near Pershing Sq. Metro Exit, LGBT friendly | CA992 |
| 7:30 pm | <u>Wednesday Evening Women</u> | 1st United Methodist (Rm. 203) 1008 11th St, SANTA MONICA 90403; at 11th/Washington, | free parking across from the church, Women | CA717 |
| 7:30 pm | <u>ACA Wednesday Night</u> | United Methodist (Rm. 8), 13000 San Antonio Dr. NORWALK 90605 | Book Study | CA428 |
| THURSDAY | | | | |
| 7:30 am | <u>ACA Step Study Open To All</u> | 7th Day Adventist 1711 N. Van Ness Blvd HOLLYWOOD 90038 | Off-Street parking available in lot, Step Study | CA1093 |
| 6:15 pm | <u>Adult Children of Alcoholics</u> | St. Marks Episcopal (in Parish Hall), Enter though courtyard on Brand Blvd., door is rt. of fountain. X-street Dryden 1020 North Brand Blvd GLENDALE 91202 | | CA142 |
| 7 pm | <u>Women's Book Study</u> | LA CADA 11015 Bloomfield Ave, SANTA FE SPRINGS 90670 | Women; Park in front or in back of building | CA1324 |
| 7 pm | <u>ACA</u> | MWA Club (Patio Rm), 835 E 33rd St SIGNAL HILL 90755 | 3 blocks E of Atlantic across from Target, LGBT Friendly | CA959 |
| 7 pm | <u>ACA at COA</u> | Christian Outreach In Action (COA) 515 E. 3rd St. LONG BEACH 90802; | NE corner 3rd & Linden, downtown Long Beach | CA1259 |
| 7 pm | <u>Women's Meditation Bk Study</u> | Holy Spirit Retreat Center 4316 Lanai Road ENCINO 91436 | Women; Candlelight. So. of Hayvenhurst & Ventura Blvd; Enter small road, look for building w/parking lot. Look for ACA signs. | CA1261 |
| 7:30 pm | <u>ACA</u> | 8742 Mulberry Dr. SUNLAND 91040 | Above golf course in house on cul-de-sac | CASOCAL01 |
| 8 pm | <u>ACA in West Los Angeles</u> | West L.A. Alano Club (upstairs, W. of Gateway) 11530 W. Pico Blvd. WEST LOS ANGELES 90064 | | CA1045 |
| FRIDAY | | | | |
| 8 am | <u>Friday Morning ACA</u> | New Hope Lutheran (Rm. 3) 29295 Agoura Rd. AGOURA HILLS 91301 | X-Street Kanan Rd (Kanan Rd exit from 101 Fwy.) Red Book Study | CA1291 |
| 11:30 am | <u>Malibu ACA</u> | Church 1st Fl next to nursery 3324 Malibu Canyon Rd. MALIBU 90265 | | CA1352 |
| 6 pm | <u>Growing Up in ACA</u> | 9604 South Figueroa St. LOS ANGELES 90003 | Park behind building | CA747 |
| 6 pm | <u>Fellow Travelers Step Study</u> | SHARE! Culver City (Serenity Rm.) 6666 Green Valley Circle, CULVER CITY 90230 | X-street Centinela. Using the ACA Workbook. | CA1225 |
| 6:30 pm | <u>Beyond Survival (Ch. 15) Group</u> | Trinity Lutheran (annex building), 1450 W 7th St. SAN PEDRO 90732 | | CA1219 |
| 7 pm | <u>Happy Adult Children in Recovery</u> | Antelope Valley Hospital (5th Floor, Conf. Rm. 10), 1600 W. Ave J, LANCASTER 93536. | Tagalog | CA931 |
| 7 pm | <u>Steps, Traditions and A Speaker</u> | New Hope Lutheran (Rm. 3) 29295 Agoura Rd. AGOURA HILLS 91301 | X-street Kanan Rd (Kanan Rd exit from 101 Fwy.) Gives out chips, Book study | CA1180 |
| 7:30 pm | <u>Friday Night All Saints Church</u> | All Saints (Bungalow OCC Conference Rm), 132 N. Euclid Ave. PASADENA 91101 | | CA510 |
| SATURDAY | | | | |
| 9 am | <u>Saturday Big Red Book Study</u> | MWA Club (Patio Rm), 835 E 33rd St. SIGNAL HILL 90755 | 3 blocks E. of Atlantic across from Target | CA1151 |
| 10 am | <u>ACA Unurban Cafe</u> | 3301 Pico Blvd, W. LOS ANGELES 90755 (Urban/Pico across from Trader Joes) Call 310-315-0056 re:parking | | CA1305 |
| 12 noon | <u>Saturday Big Red Book Study</u> | MWA Club (Patio Rm), 835 E 33rd St. SIGNAL HILL 90755 | 3 blocks E. of Atlantic across from Target | CA940 |
| 1:30 pm | <u>ACA and Dysfunctional Families</u> | 5446 N. Citrus Ave. COVINA 91722 | Between Gladstone and Arrow Hwy, In Read Building S | CA164 |
| 5 pm | <u>ACA</u> | Church, Duval 2 Rm upstairs, park underground 701 California Ave. SANTA MONICA 91301 | | CA1352 |
| 7 pm | <u>ACA Yellow Book, ACA Red Book Meeting</u> | Farmers Market (Community Rm.) One hr. 6333 West 3rd St. LOS ANGELES 90036 | Comm'ty Rm. on Upper Dining Deck, above Kip's Toyland. Check farmersmarketla.com for parking info. | CA1224 |



Adult Children of Alcoholics/ Dysfunctional Families (ACA)



So Cal ACA Intergroup

SoCalACA.org

info@SoCalACA.org

Purpose of the Los Angeles ACA Intergroup

The Los Angeles Intergroup provides a forum for conducting ACA business within Los Angeles County. The individual groups continue to conduct their own group business; however, the groups can select a meeting representative to represent the group at the Los Angeles ACA Intergroup. The Intergroup is composed of members from the various ACA groups, to whom it is responsible. The Intergroup helps update the meeting directory, and coordinate public information efforts, hospitals and institutions meetings, and ACA events in Los Angeles County.

Intergroup Business Meetings

Los Angeles ACA Intergroup business meetings are at 8 pm on the 1st Sunday of each month in the Tranquility Room at SHARE! Culver City, 6666 Green Valley Circle, Culver City 90230. Members needed for all service positions. All welcome. If you can't attend in person, call in at 712-770-4700 Access 887877#

Updating Meeting Information

Please send all additions, deletions and changes to **info@SoCalACA.org**. Please include your ACA meeting number. To be included, the meeting must be listed with ACA World Service, which requests that meetings update info annually. Thanks!

Nearby ACA resources

Santa Barbara, Ventura and adjacent areas:

www.SB-ACA.org

World Service ACA: Go to www.adultchildren.org and click on the "Find a Meeting" tab. In the space provided, enter (**Zip/Postal code** or **State/Province** or **City, State**). Clicking on the individual meeting will take you to a page with meeting contacts.

For ACA Online / Phone Meetings

Go to www.AdultChildren.org and click on "Find a Meeting." There are listings for Online, Phone and Audio/Online meetings. Remember meetings on listed in East Coast time zone.

Los Angeles ACA Intergroup E-Mail List

Sign up for Los Angeles ACA announcements, newsletters, event flyers, and upcoming motions by emailing: announcements@SoCalACA.org

Help ACA Carry the Message

Suggested 7th Tradition contributions (after prudent reserve):

--60% to ACA Intergroup. Payments made be made online at SoCalACA.org (scroll down to Paypal Donation button). Or send checks to Los Angeles ACA Intergroup, 6666 Green Valley Circle, Culver City CA 90230. Please include your meeting number on the check. Records of contributions are at www.SoCalACA.org.

-- 40% to ACA World Service. Send checks to P.O. Box 3216, Torrance, CA 90510. Payments can also be made online at AdultChildren.org/contribute.

Adult Children of Alcoholics/ Dysfunctional Families

So Cal ACA Intergroup

First Sunday of the month, 8 pm

SHARE! Culver City, 6666 Green Valley Circle Culver City, CA 90230--- Free parking

If you can't attend in person, call in at 712-770-4700 Access 887877#

- Tracks Los Angeles meetings and publishes directory
- Manages website SoCalACA.org
- Plans ACA events
- Supports new meetings
- Encourages fellowship and sponsorship

Stay informed!

Join the So Cal Intergroup email list by sending an email to: announcements@SoCalACA.org with the word **"Join"** in subject line (unsubscribe at any time)



SoCalACA.org

Info@SoCalACA.org