



# ACA Workshops & Events 2019

For Adult Children of Alcoholics and Dysfunctional Families.

**The public and persons of all 12 Step programs are invited.**

No one will be turned away for lack of donation.

All proceeds will be donated to ACA Women's Retreat.

## Red Flags, Yellow Flags, Green Flags in Relationships –

**Saturday, March 2 with Barbara F and Denise E.** Explore what makes and breaks a healthy relationship, how to catch it when it happens, and use boundaries. Workshop from 9:30 am – 11:00 am followed by a one hour Sharing meeting (approx 11:15 am to 12:15 pm). Doors open at 9 am. Suggested donation \$10. Christ Community Church, 6575 Crescent Avenue, **Buena Park**, CA 90620.

## Sponsorship, Let's Explore It – Saturday, March 23 with Barbara F.

Sponsor, Co-Sponsor, Fellow Traveler? Workshop from 12:00 noon – 1:30 pm followed by a one hour ACA Sharing meeting (approx 1:45 pm to 2:45 pm). Doors open at 11:30 am. Suggested donation \$10. Friendship Center Montecito, 89 Eucalyptus Lane, **Santa Barbara**, CA 93108. Sponsored by Stronger Together Women's Group SB ACA.



## From Unmanageability to Serenity - Sat, April 6 with Cindy L.

Practical Use of Steps 1-3. Hands on activity to deal with life situations. Workshop from 1:30 pm – 3:00 pm followed by a one hour ACA Sharing meeting (approx 3:15 pm to 4:15 pm). Doors open at 1:00 pm. Suggested donation \$10. Mount Cross Church, 102 Camino Esplendido, **Camarillo**, CA 93010.

## Feelings and Inner Child – Sun, May 19 with Barbara F. and Nancy M.

Two Experiential Workshops from 9:30 am – 11:00 am and 12:00 noon – 1:30 pm followed by a one hour ACA Sharing meeting (approx 1:45 pm to 2:45 pm). Bring your lunch. Doors open at 9 am. Suggested donation \$15. In Recreation Room of Oaknoll Villas, 300 McCloud Avenue, **Thousand Oaks**, CA 91360.



## Forgiveness is a Spiritual Journey – Sun, Jun 9 with Jeanete B.

Experiential Intensive from 9:30 am – 11:30 am and 12:30 – 2:30 pm. Bring your lunch. Doors open at 9 am. Suggested donation \$18 (includes booklet). In Recreation Room of Oaknoll Villas, 300 McCloud Avenue, **Thousand Oaks**, CA 91360.

**More Workshops Coming** – July, August, September and beyond...Boundaries and Self-Talk, Affirmation Circle, The Inner Critic, Communication, 4th Step, Dealing with Family Dysfunction, Laundry List, Integrating Parts of Self, Dealing with Dissociation, and Being Your Own Loving Parent.



## 1st Annual ACA Women's Retreat

July 17-19, 2020 at the Serra Retreat Center, Malibu, CA

[www.acawomensretreat.org](http://www.acawomensretreat.org)

The ACAWR Committee 2020 presents this series of FUNdraisers to launch a new annual retreat. If you want one of the topics above and want to be of service by hosting a workshop, please email, text, or call! We will come to you!

[AcaWomensRetreat@gmail.com](mailto:AcaWomensRetreat@gmail.com) (805) 300-7420 Barbara F.