

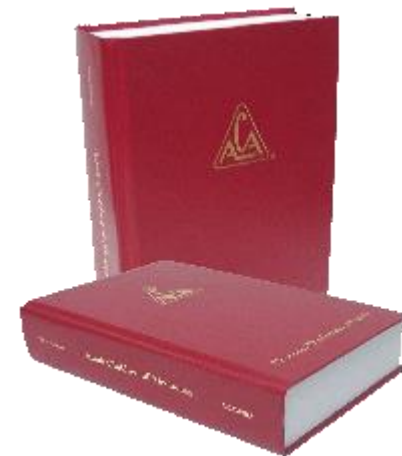
The ACA Promises

- 1) We will discover our real identities by loving and accepting ourselves.***
- 2) Our self-esteem will increase as we give ourselves approval on a daily basis.***
- 3) Fear of authority figures and the need to "people-please will leave us.***
- 4) Our ability to share intimacy will grow inside us.***
- 5) As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.***
- 6) We will enjoy feeling stable, peaceful, and financially secure.***
- 7) We will learn how to play and have fun in our lives.***
- 8) We will choose to love people who can love and be responsible for themselves.***
- 9) Healthy boundaries and limits will become easier for us to set.***
- 10) Fear of failure and success will leave us, as we intuitively make healthier choices.***
- 11) With help from our ACA support group, we will slowly release our dysfunctional behaviors.***
- 12) Gradually, with our Higher Power's help, we will learn to expect the best and get it!***

Step Ten Guide

- ***Am I isolating and not talking about what is really going on with me?***
- ***Did I view anyone as an authority figure today and feel frightened or rebellious?***
- ***Did I dissociate, fantasize, or become involved in self-harm today?***
- ***Am I keeping secrets and feeling unique? Am I talking about my feelings?***
- ***Am I being honest in my relationships or am I seeking approval over honesty?***
- ***Am I acting "perfect" and obsessing over making mistakes?***
- ***Do I overreact or isolate from others when I perceive that I have been criticized?***
- ***Am I attending ACA meetings to nurture myself and to give back what was given to me?***
- ***Have I acted helpful recently to manipulate others?***
- ***Am I secretly angry at someone, but I am avoiding talking about it?***
- ***Have I listened to my Inner Child or True Self today?***
- ***Did I judge myself or someone else without mercy today?***
- ***Am I listening to the Critical Parent or Loving Parent?***
- ***Am I remembering that I can ask for help today and that I can call someone?***

ACA MEETING LIST FOR CONNECTICUT



Connecticut Intergroup of ACA

www.ct-aca.org

*Intergroup meets every other month
On 3rd Saturday of month 10:00-11:30am
Rocky Hill Congregational Church
805 Old Main St. Rocky Hill, CT 06067
Contact Info: odatski@gmail.com*

Revised 7/5/2019

SUNDAY

East Lyme-10:00am(CT095)En-WH-D
"Innermost Group"..248 Flanders Road
Upstairs Conference Room @Stop&Shop

Milford-6pm(CT0128)AF-WH-D-12Step-Bk
"Road to Recovery" 30 Ormond St.
Meet in library (front door)
Park in back or on street.

MONDAY

Guilford-7:00pm(CT087)En-D-Bk
129 Ledge Hill Rd.
St. John's Episcopal Church

Canton-7:00pm (CT0125)En-12 Step
184 Cherry Brook Rd
1st Congregation Church (basement)

TUESDAY

Hartford 12pm(CT118)En-NS-LaunLst-Top
"Searching for Serenity" 198 Wethersfield
Ave. Parking in the back
Located within the CCAR building

West Hartford-6:30pm(CT112)En-D-12Step
Women's Meeting...47 Pleasant St
St. Peter Claver Church

Marlborough-7:00pm(CT051)En-D-12Step
"Get a Life"...24 South Rd.
Fellowship Community Church

Norwich-6:30pm(CT0124)En-WH-D-Bk
"From the Beginning" 326 Washington St.
Backus Hospital PHP Room Main Entrance

WEDNESDAY

Grosvenordale(CT129)-11:00am Wh-Bk-St
Someday Just Began 15 Thatcher Rd
TEEG Bldg.Enter near flag.1st flr conf.room

WEDNESDAY

Westport-7:00pm(CT096)En-WH-S/D-12Stp
A Safe Place 55 Myrtle Av. Mackenzie House
Christ & Holy Trinity Church
Park in large prk lot-entrance off of Elm St.

Mansfield Center-7:00pm(CT089)En-WH-D-12Step-Bk
189 Storrs Rd. (Rt. 195)
Natchaug Hospital

Middletown-7:00pm(CT100)En-WH-C-D-
Pathway to Emotional Sobriety 12Stp-Bk
229 High St. South College Bldg.

Mystic-10:30am(CT057)En-D-Bk
"Growing In The Light"
Yacht Club Rd.- Enders Island
Maint. Building far right corner
For Directions call 860.536.0565

Oakville-7:30pm(CT083)En-D-Bk
Love Over Fear..262 Main St.
All Saints Episcopal Church...1Hr Mtg.

Hamden-7:00pm(CT130)WH-D-Bk
Elm City Solution 1825 Whitney Av
Spring Glen Church Room in basement

Windsor-6:30pm.1 hr.(CT0133)Bk-D
118 Palisado Av.(off Rt. 159)
Recovery Club 2nd floor Angel Room

THURSDAY

Mystic-6:30pm(CT080)En-D-12Step-Bk
"Rejoicing In The Growth" 119 High St.
Union Baptist Church-The Morgan House

Danbury-7:00pm(CT0122)En-D-12Stp-Bk
"Moving On" 1Glen Hill Rd(Glen Hill/Genesis
Center) Frst driveway on right. Lower level
Conference room.

THURSDAY(cont.)

East Haven-7:00pm(CT097) En-D-Bk
370 Hemingway Av. Stop & Shop
Conference
room above Floral Dept.

S.Windsor-5:45pm(CT0127)
S.Windsor Womens Mtg En-D-Womens
Unity of Greater Hartford
919 Ellington Rd,(Rt 30)

FRIDAY

Windsor-7:30pm(CT073)En-12Step-Bk
The Looking Inward Group
118 Palisado Av.(off Rt. 159)
Recovery Club 2nd Floor Angel Room

New Haven-6:30pm(CT119)En-D-Womens
"Strengthening My Recovery" Enter & park@
450 Whitney Av. Bethesda Lutheran Church
Mtg.in church office. 305 St.Ronan St.

East Haven-7:00pm(CT131) Mens/CI/Bk
"Talk, Trust, & Feel Group"
39 Park Place-behind the green
park in rear-mtg dwnstairs

SATURDAY

Shelton-10:30am(CT072)En-D
ACA Women's Group 188 Rocky Rest
Rd.(Corner of Long Hill Av.)
Meet in Upper Lounge FUM Church

Old Lyme-12:00pm(CT102)En-WH-D-Bk
"Safe Harbor"...82 Shore Rd.
St. Ann's Episcopal Church (rear entry)

**Mansfield Center-10:00am(CT0120)En-WH
12Step-Bk**
"Find Healing & Freedom Through the Steps"