



ACA Convention
 P.O. Box 6073
 San Pedro, CA 90274 USA



Driving Directions:

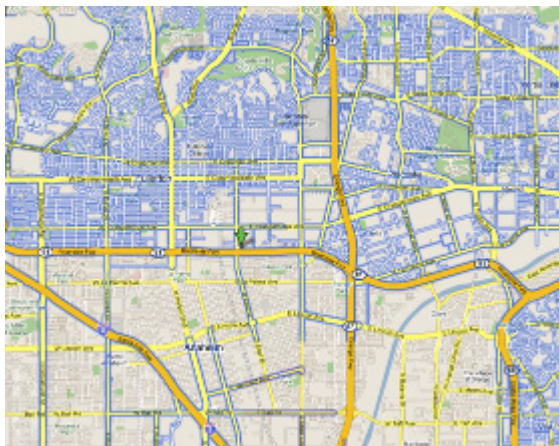
From South: 5 north to the 57 north to the 91 west. Exit Raymond, the hotel is on the right hand side.

From North: 57 south to the 91 west. Exit Raymond, the hotel is on the right hand side.

From West: Take the 105 east to the 605 south to the 91 east. Exit Raymond and make a left. The hotel is on the right hand side.

From East: 10 west to the 57 south to the 91 west. Exit Raymond, the hotel is on the right hand side.

Finding the Convention is easy!



NEW!! Save a stamp! **Register online** at www.acaconvention.org Payment for on-line registrations can be handled through PayPal.

Completing the Circle in the Cycle of Violence: Covert and Overt Victims and Victimizers
 a workshop with Don C.



The ninth characteristic of the "Laundry List" says ACAs confuse love with pity. Not only do we confuse love with pity, in this workshop we will see how ACAs confuse love with violence and punish those we "pity" and can "rescue".

Traumatized children are pushed to the point of exhaustion and collapse as part of the family's "bop 'til you drop" scenario. The focus of the workshop will be on examining all of the obvious and hidden ways this can happen. We will then explore how The Twelve Steps can be used to uncover and reverse this process of "group intoxication" that we internalized as children and keep acting out as adults.

Recovery & 12 Step Book Store



ACA Big Red Books and 12 Step Workbooks Available!

Visit our website at www.acaconvention.org



Sunday Morning Workshop with Mary Cook

Mary Cook, MA has over 31 years of clinical practice treating a broad range of addiction and psychological problems. She taught at Cal State Dominguez Hills, serving 29 years as Professor in their Alcohol & Drug Counseling Certification Program. She taught psychology and addiction studies at UC Irvine and Los Angeles Harbor College.

Mary has a private practice in San Pedro, Ca.



Friday night Play Workshop for Yvonne N.

Our dear friend Yvonne N. was to do this workshop, but cannot make it this year, so we will do the workshop in her honor.

Carole W. has collected a great many of our favorite toys from years gone by.

Guaranteed to put a smile on the face of your inner child!

Hotel reservations can be made directly with the Crowne Plaza at 1-714-6359000 . ACA Convention attendees qualify for a discounted rate of \$109 per night per room, \$119 with one breakfast only, additional breakfasts are \$10 per person. *Note: Discounted rate expires on 10/9*

Meals for attendees can be preordered. Meals **are not** available at the door. Fast food and dine-in restaurants are nearby.

To **register by mail**, mail a registration form with your check payable to "ACA Convention" to PO Box 6073, San Pedro, CA 90274, USA. U.S. funds only.

There is a 30-day cancellation policy. You may cancel your reservation anytime before midnight on Oct 7, 2008. Due to commitments to secure convention facilities, we cannot recover funds after this time so we cannot offer reimbursement after 10/7.

Register to attend the 22nd Annual ACA Convention !



"Becoming Your Own Loving Parent"



The Annual Adult Children of Alcoholics (ACA) International Convention is one of the largest gatherings of ACA's in the world. The Convention is known for attracting widely-recognized experts in the field of recovery and adult child issues.

This year's ACA Convention includes great workshops, entertainment, different types of ACA meetings, games, 12 Step bookstore, and opportunities to interact with ACA's from all over!

Want more information? Visit our website at <http://www.acaconvention.org>
 Questions? Email info@acaconvention.org or call Mary Ellen at (310) 970-2969

November 7-9, 2008
 Fullerton Crowne Plaza
 Fullerton, CA

Keynote Speaker
**Dr. Lucia
 Capacchione**



Workshop: Recovering Our Inner Child through Inner Family Work

In this workshop we meet our Inner Family and develop a Nurturing and a Protective Parent within to care for the Inner Child. We embrace all of our feelings and needs and become our own loving parent. Exercises include: Drawing out Your Inner Child, Love Letter to the Inner Child, and Calling Upon the Protective Parent.

Keynote: Reparenting Our Selves: Re-negotiating with the Inner Critical Parent
 Self-acceptance gained through Inner Family work relieves us from the burden of perfectionism and the need to rescue and protect the Inner Child in others. Exercises include: Getting in Touch with Feelings, Meet Your Critical Parent, and Embracing Your Inner Brat.

Closing: Getting Off the Teeter Totter
 Practicing self-care through Inner Family work removes expectations from others to be the loving and protective parents we never had. We will identify power imbalances in current relationships and learn how to get off the teeter totter in which one person assumes a parental role and the other a child role.

Saturday morning -

Chapter 8 Discussion



Kick off this year's ACA Convention on Saturday morning with a great interactive group discussion on Chapter 8 of the Big Red Book:

"The Solution: Becoming Your Own Loving Parent"

Dow P. will moderate a lively interaction between Convention attendees, an ACA Panel, and our Convention Speakers and Workshop Leaders.

Don't be surprised if there is some cool comedy or magic involved, because our friend Dow brings a special fun to wherever he goes.

Join Dow and friends for this fun wake-up and Fellowship event!



ACA 2008 Convention Registration form

Name: _____

Address: _____

City: _____ State/Province: _____

Zip or Postal Code: _____ Country: _____

E-mail *: _____ Phone: _____

Would you like an Event tee-shirt?

| | | | | |
|----------------------------|----------------------------|----------------------------|-----------------------------|-------------------------------|
| <input type="checkbox"/> S | <input type="checkbox"/> M | <input type="checkbox"/> L | <input type="checkbox"/> XL | <input type="checkbox"/> XX L |
|----------------------------|----------------------------|----------------------------|-----------------------------|-------------------------------|

Check one:

Full weekend registration only (\$75)

Saturday meals (\$65)

Sunday meals (\$20)

Saturday registration only (\$50)

Sunday registration only (\$25)

VEGETARIAN meals

Ride Share - Check One

I need a ride

I can give a ride

* We will send a confirmation to you within two weeks of receiving your registration. We respond faster if we have your e-mail.
 ** Registration will be \$75 through October 24th; \$85 after October 24.
 *** Meals must be purchased by October 24th. Meals cannot be purchased at the door.
 How did you hear about the Convention?: _____