

Other Meetings

Online & Telephone

Go to the meetings page of the ACA/DF World Service Office (WSO) website (www.adultchildren.org) and then select 'internet' or 'telephone' as the country for which you wish to see listings. There are some ACA/DF meetings running during the day NZ time.

Video-based Chat Room

www.intherooms.com

There are ACA/DF meetings during the day NZ time on this platform which has virtual meeting rooms.

Text-based Chat Rooms

acoa.activeboard.com

stepchat.com/chat/room7.htm

www.12stepforums.net/acoa.html

ACA/DF Speaker Recordings

Email the NZ Intergroup at adultchildren.nz@gmail.com to be invited to the Slack platform where we have lots of resources including over 70 talks from 1990 to the present day.

ACA/DF Laundry List: 14 Traits of an Adult Child

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened of angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to "love" people we can "pity" and "rescue."
10. We have "stuffed" our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment feelings, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL FAMILIES

(ACA/DF)



Aotearoa/New Zealand Meetings List

adultchildren.nz@gmail.com

www.adultchildren.nz

www.adultchildren.org

Monday

ONLINE – ZOOM

8.00pm – flexible end time

ACA/DF NZ Zoom ID: 4964941848

Tuesday

AUCKLAND

Ellerslie ACA

6.00pm – 7.15pm

(reading from ACA literature & sharing)

New Christian Church Hall

5 Ballarat St, Ellerslie

WELLINGTON

Workplace Laundry List Study Meeting

7.00 pm – 8.00pm

ACE Thorndon Aotearoa

192 Tinakori Road (Entrance around the back off Poplar lane)

Thorndon

Wednesday

CHRISTCHURCH

7.00pm – 8.15pm

Familial Trust garden meeting room,

6 Wilsons Road, Opawa

Thursday

ROTORUA

6.00pm – 7.00pm

St Luke's Church, 1223 Amohia Street
(around the back of the church)

Friday

ONLINE – ZOOM

8.00pm – flexible end time

ACA/DF NZ Zoom ID: 4964941848

Saturday

CHRISTCHURCH

Saturday Serenity Meeting

10.00am – 11.30am

(based on ACA/DF yellow workbook)

Familial Trust garden meeting room,

6 Wilsons Road, Opawa

AUCKLAND

Hope for Adult Children Meeting

10.00am – 11.00am

Eden Community Church

72 View Road, Mt Eden

(Through main entrance, then through interior door to the right to upstairs meeting room)

Saturday (cont)

ONLINE – ZOOM

10.00am – flexible end time

ACA/DF NZ Zoom ID: 4964941848

WELLINGTON

10.30am – 11.30am

(‘Big Red Book’ study meeting)

ACE Thorndon Aotearoa,

192 Tinakori Road, Thorndon

GISBORNE

4.00pm – 5.00pm

(A mix of alternating sharing and Step meetings)

Friendship House,

391 Ormond Road

Riverdale

Sunday

CHRISTCHURCH

Sunday Night Spiritual Meeting

7.30pm – 8.45pm

(a guided meditation plus sharing time)

Familial Trust garden meeting room,

6 Wilsons Road, Opawa

ONLINE – ZOOM

8.00pm – 9:15pm

ACA/DF NZ Zoom ID: 4964941848