



## *Frequently Asked Questions*

**What is WSO?** WSO is the World Service Organization of Adult Children of Alcoholics. It acts as the central agency of the program, gathering and disseminating meeting information; creating and distributing literature for use in the Family Groups and provides information to the general public.

**What is ACA (ACoA)?** Adult Children of Alcoholics is a recovery program for adults whose lives were affected as a result of being raised in an alcoholic or other dysfunctional family. It is based on the success of Alcoholics Anonymous and employs its version of the Twelve Steps and Twelve Traditions.

**Do my parents need to be alcoholics?** No! If you can identify with The Problem or have several of the characteristics of the “Laundry List” ACA will benefit you.

**What is the cost?** ACA is self-help, self-supporting program and according to our Seventh Tradition we finance our own way. If you are financially able we ask for a small contribution at each meeting.

**What is a Higher Power?** ACA is a spiritual program, based on no particular religion or set of beliefs but rather an understanding of a power greater than ourselves that can aid us on our path to recovery. This Higher Power is as diverse as the individuals of the group.

**Where is a meeting?** For a list of all the known ACA meetings please go to the Meetings Page. Then you can verify the meeting of your choice by calling the local phone number. Just as individuals recover and grow meetings are born and die as the need arises or declines. WSO tries to keep the meeting information current but cannot guarantee that every meeting listed is active. See the next section for other options if there are no ACA meetings listed in your local area.

**How do I find a meeting when there is none in my area?** Unfortunately, there are many areas around the world without any ACA meetings. If you cannot find a meeting listed for your area, check out the Telephone or Internet meeting; they are listed under the County “Telephone” and “Internet” respectively. Another option would be to start a new meeting in your area.” See the next section.

**How do I start a meeting?** If you have checked the ‘Meetings Page’ and were unable to locate a meeting nearby you may wish to start an ACA meeting in your town. It’s easy. Start by ordering a ‘New Meeting Pack’, which is available on the Literature Order Form. This will give you all the basic materials for establishing and running an ACA meeting. The ACA Fellowship Text also includes information on starting a new meeting; click here to order your copy. Information from the New Meeting Packet sufficient to start a new meeting is also available for download from the ACA Literature Page.

**Why doesn't ACA link to other websites?** We do not provide links to other websites because of our Sixth Tradition, which states that we do not endorse any outside enterprise. Since we have no control as to where other sites may lead and what they may endorse, we cannot violate this Tradition. We do grant other webs permission to link to our site. Please link only to [www.adultchildren.org](http://www.adultchildren.org).

Adult Children of Alcoholics®/Dysfunctional Families World Service Organization, Inc.  
[www.adultchildren.org](http://www.adultchildren.org) | [Info@adultchildren.org](mailto:Info@adultchildren.org) | +1(310) 534-1815

ACA WSO Literature Distribution Center | +1(562) 595-7831

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