



## Monthly ACA Zoom Workshop August 2023: The Reparenting Check-In

WHY THIS WORKSHOP: The Re-parenting Check-in is mentioned in the Loving Parent Guidebook as a method for making contact with one's inner family. By coming together via Zoom and setting aside an hour to experience the process personally, we can evaluate whether the method is useful to us and our recovery goals.

WHEN:

Sat, 08/26/2023 (10 am – 11am ET)	[Same content
Sun, 08/27/2023 (11am – 12 pm ET)	each day]

Here's a link to convert your local time:

<https://24timezones.com/difference/boston/>

HOW TO ATTEND:

Go to:

Link: <https://us02web.zoom.us/j/89963266242>

Mtg ID: 899 6326 6242

Passcode: <none>

This event is sponsored by the ACA Mass Intergroup.

A list of weekly meetings can be found at <https://www.acamassintergroup.org>

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