

ACA'S Annual World Convention 2025 Program

	Time Zone	Date	Time	Duration (Minutes)	Workshop Room		Fellowship Room
					Presentation	Description	Activity
1	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr Fri, 04 Apr	9:00:00 AM 6:00:00 AM 3:30:00 AM 12:00:00 AM 11:00:00 PM 6:00:00 PM 3:00:00 PM	60	World Convention Opening		----
1A	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr Fri, 04 Apr	10:00:00 AM 7:00:00 AM 4:30:00 AM 1:00:00 AM 12:00:00 AM 7:00:00 PM 4:00:00 PM	30	Break		----
2	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr	10:30:00 AM 7:30:00 AM 5:00:00 AM 1:30:00 AM 12:30:00 AM 7:30:00 PM 4:30:00 PM	90	Enhancing the ACA Reparenting Experience Using Internal Family Systems (IFS) Tools and Techniques <i>Louis B (USA)</i>	This workshop will draw upon tools from the Internal Family Systems (IFS) "parts" modality to help participants learn additional techniques for accessing their Inner Loving Parent and True Self in their ACA Reparenting work. Additionally, participants will learn new strategies for addressing conflict between two inner family members.	Creating Safety in the Body through the 5 Senses <i>Monique M (USA)</i> 45 minutes *** Magic of Non-dominant Hand Writing/Art <i>Satish M (India / Canada)</i> 45 minutes
2A	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr	12:00:00 PM 9:00:00 AM 6:30:00 AM 3:00:00 AM 2:00:00 AM 9:00:00 PM 6:00:00 PM	30	Break		Break
3	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CET) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr	12:30:00 PM 9:30:00 AM 7:00:00 AM 3:30:00 AM 2:30:00 AM 9:30:00 PM 6:30:00 PM	90	Shame and Healing in Recovery <i>Rich R (USA)</i>	This workshop will show how neglect, abuse or trauma induces young children to experience shame. This feeling of shame then causes the "Critical Parent" to form and use the 14 Laundry List traits described in chapter 1 and the 4 flawed modes of thinking described in chapter 2 of the BRB as survival tools. Now in recovery and practicing the reparenting process, we can heal the shame we have carried, that was never ours to carry, and live a more emotionally sober life, choosing healthy action instead of reaction.	Open ACA Meeting in Spanish <i>Check in del padre-madre amoroso</i> (Reparenting Check-in)
3A	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr	2:00:00 PM 11:00:00 AM 8:30:00 AM 5:00:00 AM 4:00:00 AM 11:00:00 PM 8:00:00 PM	30	Break		Break
4	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr Fri, 04 Apr	2:30:00 PM 11:30:00 AM 9:00:00 AM 5:30:00 AM 4:30:00 AM 11:30:00 PM 8:30:00 PM	90	The "Why" and "How" of the 12 Steps of ACoA <i>Gaby S (Mexico / Canada)</i>	The 12 Steps of ACoA Work ! This workshop will provide you with deep insight/reflection on the ""Why"" and ""How"" of the 12 Steps of ACoA. Join me as we embark on a practical review/insight of the amazing world of the 12 Steps of ACoA.	Latino Music Dance Party <i>Baile de Música Latina</i>
4A	Sydney (AEDT) Singapore (SGT) India (IST) C.Europe (CEST) UK Eastern (EDT) Pacific (PDT)	Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Sat, 05 Apr Fri, 04 Apr	4:00:00 PM 1:00:00 PM 10:30:00 AM 7:00:00 AM 6:00:00 AM 1:00:00 AM 10:00:00 PM	30	Break		Break

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5	Sydney (AEDT)	Sat, 05 Apr	4:30:00 PM	90	Experiencing Healing through Connecting to Something Greater than Ourselves <i>Christine G (USA)</i>	<p>While the ACA 12 Steps have helped many adult children experience healing, sometimes the effects of family dysfunction create blocks to letting go and trusting in something greater than ourselves. Fortunately, A New Hope, the ACA Beginner Handbook, assures readers that, "whether atheist, agnostic, or believer...all recovering adult children have access to something greater than themselves."</p> <p>This workshop is offered as the beginning of a fellowship-wide conversation about experiencing healing through connecting to something greater than ourselves. Participants will be able to discuss some of the blocks to experiencing connection, some paths through those blocks, ways to maintain "conscious contact" beyond traditional prayer and meditation, and some ways we may recognize the presence of something greater in us and around us.</p>	Open ACA Meeting in Portuguese
	Singapore (SGT)	Sat, 05 Apr	1:30:00 PM				
	India (IST)	Sat, 05 Apr	11:00:00 AM				
	C.Europe (CEST)	Sat, 05 Apr	7:30:00 AM				
	UK	Sat, 05 Apr	6:30:00 AM				
	Eastern (EDT)	Sat, 05 Apr	1:30:00 AM				
	Pacific (PDT)	Fri, 04 Apr	10:30:00 PM				
5A	Sydney (AEDT)	Sat, 05 Apr	6:00:00 PM	30	Break	Break	
	Singapore (SGT)	Sat, 05 Apr	3:00:00 PM				
	India (IST)	Sat, 05 Apr	12:30:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	9:00:00 AM				
	UK	Sat, 05 Apr	8:00:00 AM				
	Eastern (EDT)	Sat, 05 Apr	3:00:00 AM				
	Pacific (PDT)	Sat, 05 Apr	12:00:00 AM				
6	Sydney (AEDT)	Sat, 05 Apr	6:30:00 PM	90	It's an Inside Job <i>Shangreila S (India)</i>	<p>The workshop helps connect how the thinking distortions set in and how the body responds to them. What is happening in the body now, which keeps a person stuck in unhealthy behaviour patterns and what to do to break out of that.</p>	Open ACA Meeting in Russian
	Singapore (SGT)	Sat, 05 Apr	3:30:00 PM				
	India (IST)	Sat, 05 Apr	1:00:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	9:30:00 AM				
	UK	Sat, 05 Apr	8:30:00 AM				
	Eastern (EDT)	Sat, 05 Apr	3:30:00 AM				
	Pacific (PDT)	Sat, 05 Apr	12:30:00 AM				
6A	Sydney (AEDT)	Sat, 05 Apr	8:00:00 PM	30	Break	Break	
	Singapore (SGT)	Sat, 05 Apr	5:00:00 PM				
	India (IST)	Sat, 05 Apr	2:30:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	11:00:00 AM				
	UK	Sat, 05 Apr	10:00:00 AM				
	Eastern (EDT)	Sat, 05 Apr	5:00:00 AM				
	Pacific (PDT)	Sat, 05 Apr	2:00:00 AM				
7	Sydney (AEDT)	Sat, 05 Apr	8:30:00 PM	90	Practical Tools for Moving from Trauma towards Joy - Learning to Live in the Solution (a panel) <i>Jennie F. (UK), Edmundas V. (Lithuania), Meg C. (US / Portugal), Howie P. (US / Portugal)</i>	<p>This panel seeks to explore the happiness side of ACA recovery through sharing of experiences from people who found, well, happiness, in recovery and what are those nuggets that they took away to live a fulfilled life today</p>	Open ACA Meeting in Hebrew
	Singapore (SGT)	Sat, 05 Apr	5:30:00 PM				
	India (IST)	Sat, 05 Apr	3:00:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	11:30:00 AM				
	UK	Sat, 05 Apr	10:30:00 AM				
	Eastern (EDT)	Sat, 05 Apr	5:30:00 AM				
	Pacific (PDT)	Sat, 05 Apr	2:30:00 AM				
7A	Sydney (AEDT)	Sat, 05 Apr	10:00:00 PM	30	Break	Break	
	Singapore (SGT)	Sat, 05 Apr	7:00:00 PM				
	India (IST)	Sat, 05 Apr	4:30:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	1:00:00 PM				
	UK	Sat, 05 Apr	12:00:00 PM				
	Eastern (EDT)	Sat, 05 Apr	7:00:00 AM				
	PDT	Sat, 05 Apr	4:00:00 AM				
8	Sydney (AEDT)	Sat, 05 Apr	10:30:00 PM	90	Using the 12 Steps to Manage Trauma and Life Challenges <i>Marion M (UK)</i>	<p>A workshop designed to show you how the 12 Steps of ACA can become your best tool for navigating the challenges and traumas of life. This workshop will show you how the 12 Step process offers you a blueprint for when you are feeling overwhelmed and unsure of how to cope. That this program is that "toolkit for life" that you can literally use to deal with everything.</p>	Open ACA Meeting in French
	Singapore (SGT)	Sat, 05 Apr	7:30:00 PM				
	India (IST)	Sat, 05 Apr	5:00:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	1:30:00 PM				
	UK	Sat, 05 Apr	12:30:00 PM				
	Eastern (EDT)	Sat, 05 Apr	7:30:00 AM				
	Pacific (PDT)	Sat, 05 Apr	4:30:00 AM				

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8A	Sydney (AEDT)	Sat, 05 Apr	12:00:00 AM	30		Break	Break
	Singapore (SGT)	Sat, 05 Apr	9:00:00 PM				
	India (IST)	Sat, 05 Apr	6:30:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	3:00:00 PM				
	UK	Sat, 05 Apr	2:00:00 PM				
	Eastern (EDT)	Sat, 05 Apr	9:00:00 AM				
Pacific (PDT)	Sat, 05 Apr	6:00:00 AM					
9	Sydney (AEDT)	Sun, 06 Apr	12:30:00 AM	90	From Hurting to Healing to Helping <i>Nourin M & Abdul A (Egypt)</i>	Telling the story of almost three years of service in the Arabic-speaking ACA fellowship and translating ACA literature in Arabic language. How service work and personal recovery interconnect, and the effects of applying the recovery principles in the process. We share the challenges, breakthroughs, and lessons learned along the way.	Talent / No Talent Show <i>Adelina F (Romania/Canada)</i> <i>Mardi M (USA)</i>
	Singapore (SGT)	Sat, 05 Apr	9:30:00 PM				
	India (IST)	Sat, 05 Apr	7:00:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	3:30:00 PM				
	UK	Sat, 05 Apr	2:30:00 PM				
	Eastern (EDT)	Sat, 05 Apr	9:30:00 AM				
Pacific (PDT)	Sat, 05 Apr	6:30:00 AM					
9A	Sydney (AEDT)	Sun, 06 Apr	2:00:00 AM	30		Break	Break
	Singapore (SGT)	Sat, 05 Apr	11:00:00 PM				
	India (IST)	Sat, 05 Apr	8:30:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	5:00:00 PM				
	UK	Sat, 05 Apr	4:00:00 PM				
	Eastern (EDT)	Sat, 05 Apr	11:00:00 AM				
Pacific (PDT)	Sat, 05 Apr	8:00:00 AM					
10	Sydney (AEDT)	Sun, 06 Apr	2:30:00 AM	90	Befriending Your Critical Parent <i>Suzu J (Canada)</i>	Discover how to transform your Critical Parent (inner critic) into an ally in this interactive and empowering workshop. The Critical Parent voice often shows up as self-judgment, harsh criticism, or perfectionism, but beneath its tough exterior lies a well-meaning intent to protect and guide you. This workshop helps you build a compassionate relationship with your Critical Parent through the nurturing energy of your Loving Parent. Through a combination of large group discussions, breakout exercises, and guided experiences, you will: Learn to recognize and identify your Critical Parent when it's active. Understand how to turn towards it with compassionate curiosity and discover its hidden wisdom. Explore the needs it is trying to meet and the messages it is conveying. Practice reframing its messages and responding with the Loving Parent's voice.	Reparenting Your Inner Child with Gentleness, Humour, Love and Respect (Reparenting Check-in) <i>Allison H (Canada)</i> 60 minutes *** ACA Scavenger Hunt <i>Jim R (USA)</i> 30 minutes
	Singapore (SGT)	Sat, 05 Apr	11:30:00 PM				
	India (IST)	Sat, 05 Apr	9:00:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	5:30:00 PM				
	UK	Sat, 05 Apr	4:30:00 PM				
	Eastern (EDT)	Sat, 05 Apr	11:30:00 AM				
Pacific (PDT)	Sat, 05 Apr	8:30:00 AM					
10A	Sydney (AEST)	Sun, 06 Apr	3:00:00 AM	30		Break	Break
	Singapore (SGT)	Sun, 06 Apr	1:00:00 AM				
	India (IST)	Sat, 05 Apr	10:30:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	7:00:00 PM				
	UK	Sat, 05 Apr	6:00:00 PM				
	Eastern (EDT)	Sat, 05 Apr	1:00:00 PM				
PDT	Sat, 05 Apr	10:00:00 AM					
11	Sydney (AEST)	Sun, 06 Apr	3:30:00 AM	90	We are Cycle Breakers: A Family's Story of Ending Generational Trauma <i>Lanni L & Makari (USA)</i>	During this workshop, a married couple will share how they used the ACA recovery program to break the cycle of their family of origin dysfunction, go 'no contact' and build a new family that is happy, joyous and free! This process may involve setting clear boundaries with people who cannot be there emotionally for you. When we cut ties with difficult people, we find emotional sobriety. We become the liberators of our family tree, of our inner children and we truly can 'expect the best and get it!'	Open ACA Meeting in English Strengthening My Recovery
	Singapore (SGT)	Sun, 06 Apr	1:30:00 AM				
	India (IST)	Sat, 05 Apr	11:00:00 PM				
	C.Europe (CEST)	Sat, 05 Apr	7:30:00 PM				
	UK	Sat, 05 Apr	6:30:00 PM				
	Eastern (EDT)	Sat, 05 Apr	1:30:00 PM				
Pacific (PDT)	Sat, 05 Apr	10:30:00 AM					
11A	Sydney (AEST)	Sun, 06 Apr	5:00:00 AM	30		Break	Break
	Singapore (SGT)	Sun, 06 Apr	3:00:00 AM				
	India (IST)	Sun, 06 Apr	12:30:00 AM				
	C.Europe (CEST)	Sat, 05 Apr	9:00:00 PM				
	UK	Sat, 05 Apr	8:00:00 PM				
	Eastern (EDT)	Sat, 05 Apr	3:00:00 PM				
Pacific (PDT)	Sat, 05 Apr	12:00:00 PM					

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12	Sydney (AEST)	Sun, 06 Apr	5:30:00 AM	90	Emotional Empowerment: Being a Loving Parent to Your Emotions <i>Bonnie M (USA)</i>	This workshop will focus on helping the participants distinguish between feelings and thoughts, identify and link needs to feelings, and practice connecting to feelings and needs in the body. Through interactive exercises, guided practices, and group discussions, participants will learn to embrace their feelings as an inner loving parent and connect with their underlying needs. The workshop aims to provide practical tools for building a deeper connection with one's emotions and enhancing self-regulation.	Inner Child Dance Party <i>Robert B (Canada)</i>
	Singapore (SGT)	Sun, 06 Apr	3:30:00 AM				
	India (IST)	Sun, 06 Apr	1:00:00 AM				
	C.Europe (CEST)	Sat, 05 Apr	9:30:00 PM				
	UK	Sat, 05 Apr	8:30:00 PM				
	Eastern (EDT)	Sat, 05 Apr	3:30:00 PM				
	Pacific (PDT)	Sat, 05 Apr	12:30:00 PM				
12A	Sydney (AEST)	Sun, 06 Apr	7:00:00 AM	30	Break	Break	Break
	Singapore (SGT)	Sun, 06 Apr	5:00:00 AM				
	India (IST)	Sun, 06 Apr	2:30:00 AM				
	C.Europe (CEST)	Sat, 05 Apr	11:00:00 PM				
	UK	Sat, 05 Apr	10:00:00 PM				
	Eastern (EDT)	Sat, 05 Apr	5:00:00 PM				
	Pacific (PDT)	Sat, 05 Apr	2:00:00 PM				
13	Sydney (AEST)	Sun, 06 Apr	7:30:00 AM	90	Service as a Reparenting Tool <i>Bob M (USA)</i>	Service is a tool of recovery. The Loving Parent Guidebook says that there is a Comfort Zone, a Challenge Zone, and an Overwhelm Zone. This workshop will lay out small steps of service that can help a person reparent themselves with gentleness, humor, love, and respect.	Puppets Workshop <i>Eriko I (Japan/USA) and Carole C (USA)</i> 60 minutes ***
	Singapore (SGT)	Sun, 06 Apr	5:30:00 AM				
	India (IST)	Sun, 06 Apr	3:00:00 AM				
	C.Europe (CEST)	Sat, 05 Apr	11:30:00 PM				
	UK	Sat, 05 Apr	10:30:00 PM				
	Eastern (EDT)	Sat, 05 Apr	5:30:00 PM				
	Pacific (PDT)	Sat, 05 Apr	2:30:00 PM				
13A	Sydney (AEST)	Sun, 06 Apr	9:00:00 AM	30	Break	Break	Writing for Recovery, Journaling and Songwriting <i>Tina R (USA)</i> 60 minutes
	Singapore (SGT)	Sun, 06 Apr	7:00:00 AM				
	India (IST)	Sun, 06 Apr	4:30:00 AM				
	C.Europe (CEST)	Sun, 06 Apr	1:00:00 AM				
	UK	Sat, 05 Apr	12:00:00 AM				
	Eastern (EDT)	Sat, 05 Apr	7:00:00 PM				
	Pacific (PDT)	Sat, 05 Apr	4:00:00 PM				
14	Sydney (AEST)	Sun, 06 Apr	9:30:00 AM	90	World Convention Closing <i>Happies ('I am happy and hopeful' shares)</i> ACA Recovery Countdown ACA Serenity Prayer in multiple languages... and accents Music, Dance and Fellowship	----	
	Singapore (SGT)	Sun, 06 Apr	7:30:00 AM				
	India (IST)	Sun, 06 Apr	5:00:00 AM				
	C.Europe (CEST)	Sun, 06 Apr	1:30:00 AM				
	UK	Sun, 06 Apr	12:30:00 AM				
	Eastern (EDT)	Sat, 05 Apr	7:30:00 PM				
	Pacific (PDT)	Sat, 05 Apr	4:30:00 PM				