

ACA 2026 Annual World Convention Program

	Time Zone	Date	Time	Duration (Minutes)	Workshop Room		Fellowship Room	
					Presentation	Description	Activity	Description
1	Sydney (AEDT)	Sat, 28 Mar	9:00:00 AM	60		World Convention Opening		----
	Singapore (SGT)	Sat, 28 Mar	6:00:00 AM					
	India (IST)	Sat, 28 Mar	3:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	11:00:00 PM					
	UK	Fri, 27 Mar	10:00:00 PM					
	EDT	Fri, 27 Mar	6:00:00 PM					
PDT	Fri, 27 Mar	3:00:00 PM						
1A	Sydney (AEDT)	Sat, 28 Mar	10:00:00 AM	30		Break		----
	Singapore (SGT)	Sat, 28 Mar	7:00:00 AM					
	India (IST)	Sat, 28 Mar	4:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	12:00:00 AM					
	UK	Fri, 27 Mar	11:00:00 PM					
	EDT	Fri, 27 Mar	7:00:00 PM					
PDT	Fri, 27 Mar	4:00:00 PM						
2	Sydney (AEDT)	Sat, 28 Mar	10:30:00 AM	90	Using the Traditions and Commitments to Service to Transform Relationships Marion M (UK/South Africa)	Many ACAs lacked functional examples of healthy behavior in our childhoods. This workshop focuses on how the ACA principles, the Traditions and the Commitments to Service offer us that framework for healthy behavior, and it provides some suggestions on how to apply them in practice to transform our important relationships.	Permission to Play: Healing the Inner Child Through Joy Tracey A (USA)	In this fun and heartfelt online experiential workshop, we will explore the inner blocks that keep us from fully playing, laughing, and living in joy. Through virtual games, and powerful small group witnessing, we'll create space for our inner children to come out and play—and be witnessed with love. Come curious. Leave lighter.
	Singapore (SGT)	Sat, 28 Mar	7:30:00 AM					
	India (IST)	Sat, 28 Mar	5:00:00 AM					
	C.Europe (CET)	Sat, 28 Mar	12:30:00 AM					
	UK	Sat, 28 Mar	11:30:00 PM					
	EDT	Fri, 27 Mar	7:30:00 PM					
PDT	Fri, 27 Mar	4:30:00 PM						
2A	Sydney (AEDT)	Sat, 28 Mar	12:00:00 PM	30		Break		Break
	Singapore (SGT)	Sat, 28 Mar	9:00:00 AM					
	India (IST)	Sat, 28 Mar	6:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	2:00:00 AM					
	UK	Sat, 28 Mar	1:00:00 AM					
	EDT	Fri, 27 Mar	9:00:00 PM					
PDT	Fri, 27 Mar	6:00:00 PM						
3	Sydney (AEDT)	Sat, 28 Mar	12:30:00 PM	90	3 Keys for Transforming & Healing the Laundry Lists Sue V (Canada)	Inspired by The Re-Emergence of the United Self from the BRB, this workshop focuses on healing and integrating the Laundry Lists through three essential ACA practices. Participants will reconnect and strengthen harmony between the Inner Child and Adult Self, gaining practical tools to deepen integration, strengthen emotional recovery, and open the way to greater peace, joy, and wholeness.	Really Feeling Better: Making Use of the Body and the Inner Loving Parent to Address and Heal Feelings of Shame and Guilt Clyde B (USA)	our Inner Loving Parent and using a mindful approach to these embodied feelings of shame, we can effectively address shame rooted in our families of origin. This workshop includes an overview of the principles of somatic body awareness and a guided meditation to work with the body to release shame. Go into breakout rooms to practice the basic principles and leave with practical resources to help you manage shame and guilt when you feel them in
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	UK	Sat, 28 Mar	1:30:00 AM					
	EDT	Fri, 27 Mar	9:30:00 PM					
PDT	Fri, 27 Mar	6:30:00 PM						
3A	Sydney (AEDT)	Sat, 28 Mar	2:00:00 PM	30		Break		Break
	Singapore (SGT)	Sat, 28 Mar	11:00:00 AM					
	India (IST)	Sat, 28 Mar	8:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	4:00:00 AM					
	UK	Sat, 28 Mar	3:00:00 AM					
	EDT	Fri, 27 Mar	11:00:00 PM					
PDT	Fri, 27 Mar	8:00:00 PM						
4	Sydney (AEDT)	Sat, 28 Mar	2:30:00 PM	90	Using the Traditions of ACA to Repair our Inner Family Melinda D (USA)	The recipe for reparenting is included in the BRB. It's just disguised as The ACA Twelve Traditions. In this workshop, we will discuss how to steward (not govern) our Inner Family with the same gentleness, humor, love, and respect we find in our meetings.	Open ACA meeting in Spanish	
	Singapore (SGT)	Sat, 28 Mar	11:30:00 AM					
	India (IST)	Sat, 28 Mar	9:00:00 AM					
	C.Europe (CET)	Sat, 28 Mar	4:30:00 AM					
	UK	Sat, 28 Mar	3:30:00 AM					
	EDT	Fri, 27 Mar	11:30:00 PM					
PDT	Fri, 27 Mar	8:30:00 PM						
4A	Sydney (AEDT)	Sat, 28 Mar	4:00:00 PM	30		Break		Break
	Singapore (SGT)	Sat, 28 Mar	1:00:00 PM					
	India (IST)	Sat, 28 Mar	10:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	6:00:00 AM					
	UK	Sat, 28 Mar	5:00:00 AM					
	EDT	Sat, 28 Mar	1:00:00 AM					
PDT	Fri, 27 Mar	10:00:00 PM						

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5	Sydney (AEDT)	Sat, 28 Mar	4:30:00 PM	90	The Wisdom of Self-Pity Alaska Y (USA) & M (Mexico)	In order to survive being raised in alcoholic or otherwise dysfunctional families, children develop survival strategies that compensate when their basic, human needs such as being cared for, being seen and heard, and belonging aren't met. We may become rigidly self-reliant and controlling, rejecting that we have needs, or we become heroes and rescuers, focusing on the needs of others rather than ourselves. By rejecting our vulnerability (before others can), we disconnect from our needs and ultimately abandon ourselves. In this workshop, we'll explore how the denial of our vulnerability (needs) leads to deprivation, isolation, and self-abandonment, and how the survival traits that once protected us keep us in a cycle of insane unmanageability and shame. Through a blend of interactive exercises, self-reflection, and witnessing, attendees will gain a framework to recollect, recover, and grieve the unmet needs driving our behaviors.	Open ACA meeting in English	
	Singapore (SGT)	Sat, 28 Mar	1:30:00 PM					
	India (IST)	Sat, 28 Mar	11:00:00 AM					
	C.Europe (CET)	Sat, 28 Mar	6:30:00 AM					
	UK	Sat, 28 Mar	5:30:00 AM					
	EDT	Sat, 28 Mar	1:30:00 AM					
	PDT	Fri, 27 Mar	10:30:00 PM					
	5A	Sydney (AEDT)	Sat, 28 Mar					
Singapore (SGT)		Sat, 28 Mar	3:00:00 PM					
India (IST)		Sat, 28 Mar	12:30:00 PM					
C.Europe (CET)		Sat, 28 Mar	8:00:00 AM					
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EDT		Sat, 28 Mar	3:00:00 AM					
PDT		Sat, 28 Mar	12:00:00 AM					
6	Sydney (AEDT)	Sat, 28 Mar	6:30:00 PM	90	Relationships – Using the ACA Tools Meg C & Howard P (USA/Thailand)	Meg and Howard have been a couple in relationship for 25 years, and between the two of them have 65 years of recovery. Meg and Howard will talk about the tools in ACA Recovery, the role of communication, hope, opening the heart, and relationships of all kind, with self and others.	Open ACA meeting in Russian	
	Singapore (SGT)	Sat, 28 Mar	3:30:00 PM					
	India (IST)	Sat, 28 Mar	1:00:00 PM					
	C.Europe (CET)	Sat, 28 Mar	8:30:00 AM					
	UK	Sat, 28 Mar	7:30:00 AM					
	EDT	Sat, 28 Mar	3:30:00 AM					
	PDT	Sat, 28 Mar	12:30:00 AM					
6A	Sydney (AEDT)	Sat, 28 Mar	8:00:00 PM	30	Break		Break	
	Singapore (SGT)	Sat, 28 Mar	5:00:00 PM					
	India (IST)	Sat, 28 Mar	2:30:00 PM					
	C.Europe (CET)	Sat, 28 Mar	10:00:00 AM					
	UK	Sat, 28 Mar	9:00:00 AM					
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	PDT	Sat, 28 Mar	2:00:00 AM					
7	Sydney (AEDT)	Sat, 28 Mar	8:30:00 PM	90	Freedom through Boundaries Christine B & Greg G (USA)	Learn about new ACA literature, <i>Freedom through Boundaries</i> , and conduct a Boundaries Check in exercise during this workshop.	Calming the Nervous System for Release and Engagement Lisa D (Canada)	Discover the connection between your emotions and your body. Increase your awareness and healing. In this safe and nurturing space, learn to release the trauma you hold in your body by using breath, deep fascial release, polyvagal work, and other tools.
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7A	Sydney (AEDT)	Sat, 28 Mar	10:00:00 PM	30	Break		Break	
	Singapore (SGT)	Sat, 28 Mar	7:00:00 PM					
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8	Sydney (AEDT)	Sat, 28 Mar	10:30:00 PM	90	Identifying and Reframing Critical Childhood Messages Marianne F (USA)	Join us for an interactive workshop exploring the harmful messages children absorb in dysfunctional families. Drawing on the Loving Parent Guidebook and an exercise from the ACA Step Workbook, we'll identify the specific beliefs you may have internalized and work together to create compassionate affirmations that counter them. We'll also look at how mindfulness supports reparenting and discuss simple ways to bring it into daily life.	Open ACA Meeting in French	
	Singapore (SGT)	Sat, 28 Mar	7:30:00 PM					
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	C.Europe (CET)	Sat, 28 Mar	12:30:00 PM					
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8A	Sydney (AEDT)	Sat, 28 Mar	12:00:00 AM	30	Break	Break	Break	
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	C.Europe (CET)	Sat, 28 Mar	2:00:00 PM					
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9	Sydney (AEDT)	Sun, 29 Mar	12:30:00 AM	90	Feeling Is Healing - Judgments, Feelings and Needs Bradley P (USA), Jill C (UK) & Andrea A (USA)	Panel presentation of practices from LPG chapter 10. Focus on Identifying Feelings in Your Body, Translating Judgments into Feelings and Needs and Empathizing with Your Inner Children. Participant Q&A	Talent/No Talent Show	Sit back and enjoy the talents and "no talents" of your ACA fellow travelers. Talents of all kinds from jokes, to stories, skits, music, and plain old fun. Be creative and show us what you have! Sign up is required to perform, so get your act together and register for the show.
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	PDT	Sat, 28 Mar	6:30:00 AM					
9A	Sydney (AEDT)	Sun, 29 Mar	2:00:00 AM	30	Break	Break	Break	
	Singapore (SGT)	Sat, 28 Mar	11:00:00 PM					
	India (IST)	Sat, 28 Mar	8:30:00 PM					
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	UK	Sat, 28 Mar	3:00:00 PM					
	EDT	Sat, 28 Mar	11:00:00 AM					
	PDT	Sat, 28 Mar	8:00:00 AM					
10	Sydney (AEDT)	Sun, 29 Mar	2:30:00 AM	90	Parenting While ReParenting Joe H (USA) & panel	Family dysfunction is generational and makes the critical work of building parenting relationships with our own children more challenging. Learn from a panel of ACA Fellow Travellers currently parenting their dependent children. Bring your questions!	La Herida Del Alma <i>Un camino del "vacío" a la "luz" a través del arte introspectivo</i> The Wound of the Soul A path from "emptiness" to "light" through introspective art Yrun (Colombia)	<i>Con nuestra niña interior, nuestra artista del alma: transformaremos el vacío en color, el silencio en canción y el dolor en un reencuentro con la Luz</i> With our inner child, our soul artist: we will transform emptiness into colour, silence into song, and pain into a reunion with the Light
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	PDT	Sat, 28 Mar	8:30:00 AM					
10A	Sydney (AEDT)	Sun, 29 Mar	3:00:00 AM	30	Break	Break	Break	
	Singapore (SGT)	Sun, 29 Mar	1:00:00 AM					
	India (IST)	Sat, 28 Mar	10:30:00 PM					
	C.Europe (CET)	Sat, 28 Mar	6:00:00 PM					
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	PDT	Sat, 28 Mar	10:00:00 AM					
11	Sydney (AEDT)	Sun, 29 Mar	3:30:00 AM	90	Reparenting: the Solution to Abandonment, Betrayal, and Trauma Makari & Lanni (USA)	By awakening our inner Loving Parent we are able to face our abandonment issues and reassure our inner family members we are safe and removed from our traumatic past. However, our trauma follows us until we unravel the connection between our maladaptive coping mechanisms and our wounds. Hear how the presenters faced abandonment and betrayal in their lives and how their higher power modeled and taught them to reparent themselves through the steps of ACA, moving them from hurting to healing to helping.	Tell Us About Your Pet! Ben J, Brigitte B, Jill O, Linda B (USA)	In ACA we talk about our relationships -- with our family, friends, roommates, romantic partners -- but what about our non-human friends? The relationships we have with our pets are some of the most heartwarming, joyous, and heartbreaking relationships in our lives. Join us and share about any of your current or past animal friends and the love, joy, and comfort they have given you. We look forward to meeting you and seeing some animal friends on camera!
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11A	Sydney (AEDT)	Sun, 29 Mar	5:00:00 AM	30		Break		Break
	Singapore (SGT)	Sun, 29 Mar	3:00:00 AM					
	India (IST)	Sun, 29 Mar	12:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	8:00:00 PM					
	UK	Sat, 28 Mar	7:00:00 PM					
	EDT	Sat, 28 Mar	3:00:00 PM					
PDT	Sat, 28 Mar	12:00:00 PM						
12	Sydney (AEDT)	Sun, 29 Mar	5:30:00 AM	90	Transformation through Intergroup Service - a Panel Adelina F (Canada); Stephen G (California), Ben J (Massachusetts), Karin S (Great West Lakes), Kristian N (New York), Karen T (South Africa), Fredrik F (Sweden), Brian P (Thailand)	Several ACA members with experience at the Intergroup level will share their experience strength and hope and how their lives were transformed by doing service beyond their meeting group.	Inner Child Dance Party	Imagine a dance floor where everyone's inner child comes out to play. It's a time of joyful chaos: grown-ups twirling like they're back at recess, laughing too loudly, and rediscovering the pure delight of moving just because it feels good. Expect the kind of carefree energy that makes you forget you ever had a bad time. This is a permission slip to be silly, sparkly, and wonderfully un-serious for a little while.
	Singapore (SGT)	Sun, 29 Mar	3:30:00 AM					
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	C.Europe (CET)	Sat, 28 Mar	8:30:00 PM					
	UK	Sat, 28 Mar	7:30:00 PM					
	EDT	Sat, 28 Mar	3:30:00 PM					
PDT	Sat, 28 Mar	12:30:00 PM						
12A	Sydney (AEDT)	Sun, 29 Mar	7:00:00 AM	30		Break		Break
	Singapore (SGT)	Sun, 29 Mar	5:00:00 AM					
	India (IST)	Sun, 29 Mar	2:30:00 AM					
	C.Europe (CET)	Sat, 28 Mar	10:00:00 PM					
	UK	Sat, 28 Mar	9:00:00 PM					
	EDT	Sat, 28 Mar	5:00:00 PM					
PDT	Sat, 28 Mar	2:00:00 PM						
13	Sydney (AEDT)	Sun, 29 Mar	7:30:00 AM	90	The Gift of Forgiveness Erin D (USA)	Learn about a decades-long personal journey in search of the gift of forgiveness. Hear the presenter's experience, strength, and hope as she searched for answers and frequently experienced challenges from critical messages, The Laundry List and The Other Laundry List traits, and character defenses to finding peace in program tools and our spiritual principles	Finding Safety in the Body Through the 5 Senses Monique M (USA)	Our bodies don't speak English! In this workshop learn to speak to your body in its language using your 5 senses. By understanding your physiology and merging this with ACA step work, spiritual principles, and regular meeting participation, your body can develop a sense of safety that supports healing. This workshop is grounded in the science of human healing and connection and the principles of Somatic Science® and The Polyvagal Theory.
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13A	Sydney (AEDT)	Sun, 29 Mar	9:00:00 AM	30		Break		Break
	Singapore (SGT)	Sun, 29 Mar	7:00:00 AM					
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	C.Europe (CET)	Sun, 29 Mar	12:00:00 AM					
	UK	Sat, 28 Mar	11:00:00 PM					
	EDT	Sat, 28 Mar	7:00:00 PM					
PDT	Sat, 28 Mar	4:00:00 PM						
14	Sydney (AEDT)	Sun, 29 Mar	9:30:00 AM	90	World Convention Closing ACA Recovery Countdown Fellowship			----
	Singapore (SGT)	Sun, 29 Mar	7:30:00 AM					
	India (IST)	Sun, 29 Mar	5:00:00 AM					
	C.Europe (CET)	Sun, 29 Mar	12:30:00 AM					
	UK (GMT)	Sun, 29 Mar	11:30:00 PM					
	EDT	Sat, 28 Mar	7:30:00 PM					
PDT	Sat, 28 Mar	4:30:00 PM						