



# Monthly ACA Zoom Workshop February 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, 02/25/2023 (10am – 11am Eastern) (Same content  
Sun, 02/26/2023 (11am - Noon Eastern) each day)

Here's a Link to convert to your local time:

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

## HOW TO ATTEND:

Go to:

Link: [zoom.us/join](https://zoom.us/join)

Mtg ID: 831 7664 9485

Passcode: <none>

This event is sponsored by the ACA Mass Intergroup.  
A list weekly ACA meetings in MA can be found at: [acamassintergroup.org](https://acamassintergroup.org)

~ ~ ~ Please distribute far and wide ~ ~ ~