

## 12 STEPS of Cocaine Anonymous

1. We admitted we were powerless over cocaine and all other mind-altering substances - that our lives had become unmanageable.
2. Came to believe that a Power Greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all people we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

*The Twelve Steps and Twelve Traditions are reprinted and adapted with permission from A.A. World Service*

## 12 TRADITIONS of Cocaine Anonymous

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities

## Meeting List as of May 2018

### SOUTHERN ONTARIO COCAINE ANONYMOUS



**360 A Bloor Street West, P.O. Box 19032  
Toronto, ON. M5S 3C9**

**TELEPHONE: 1-866-6-CA-INFO  
1-866-622-4636 or 416-927-7858**

**On the Web: [ca-on.org](http://ca-on.org)  
CA ONLINE MEETINGS: [ca-online.org](http://ca-online.org)**

**AREA SERVICE MEETING :  
10:30 am 427 Bloor St.W. Toronto  
Second Saturday of every month  
(Except on Holiday Weekends, then the THIRD Saturday)**

*Meetings do change, for updates please check  
<http://www.ca-on.org> or 1-866-6-CA-INFO*

## WHAT IS C.A.?

Cocaine Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other, that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all mind-altering substances. There are no dues or fees for membership. We are self supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy, and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. We use the Twelve Step Recovery Program because it has already been proven that the Twelve Step Recovery Program works.


## PROMISES:

If we are painstaking about this phase of our development, We will be amazed before we are half way through: We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will **always** materialize if we work for them.

**TORONTO**

SUNDAY


**SHEPPARD Group**

9:30am / Big Book Discussion  
 Jac's Place, 858 Sheppard Ave W.  
 (0.5 km East of Downsview  
 Subway) 

**HOW IT WORKS Group**


2:00-6:00pm / 12 Step Workshop.  
 Last Sunday of every month.  
 Carrot Common Bldg, 2nd floor.  
 348 Danforth Ave (Chester station)

**WINNER'S CIRCLE Group**


3:45pm CA Books / Discussion  
 +Tradition (last Sun. of month)  
 Trinity St. Paul's. 427 Bloor St W  
 (West of Spadina Subway) 

MONDAY


**FIRST TORONTO Group**

7:00pm / Step Discussion (C)   
 St. Andrew's Church  
 117 Bloor St. East (Yonge & Bloor)

**CLEAN on KENNEDY Group**

7:30pm / Alt BB Disc / Speaker   
 Dorset Park Baptist Church  
 1428 Kennedy Rd. @ Ellesmere (Side Door)

**SHEPPARD Group**


8:00pm/ Topic Discussion   
 Jac's Place, 858 Sheppard Ave West  
 (0.5 km East of Downsview Subway)

**RECOVERY ER Group**

8:00pm / BB / Sponsorship (O)  
 686 Broadview Ave.  
 (S.W. corner of Broadview & Danforth)

TUESDAY


**THE MEETING PLACE Group**

12:00 pm / Big Book Study   
 Last Tuesday of the month, Tradition Study  
 The Meeting Place @ Queen and Bathurst  
 588 Queen Street West ( enter from  
 Bathurst side, near the back)

**FINAL STRAW Group**


7:30pm / Big Book Discussion(C)  
 Trinity St. Paul's Church  
 427 Bloor St. W. ( in the Chapel)

**NATURALLY HIGH PARK Group**


8:15pm/Big Book Discussion(C)   
 St. Martin's In The Fields Church.  
 151 Glenlake Ave. (N of Bloor, E of  
 Keele) Tradition workshop last Tues of  
 month (O)

WEDNESDAY

**PHOENIX Group**

7:30pm/ Steps 1,2,3 Discussion (C)   
 Christ Church Deer Park  
 1570 Yonge St.(2 blks N. of St Clair  
 Station)

**SATURDAY NIGHT LIVE – STAYING ALIVE**

7:30pm Big Book/ Tradition /  
 Discussion.   
 Walmer Road Baptist Church  
 188 Lowther Ave. (N of Bloor, W of  
 Spadina) Upstairs in room #2

**TYPE 3 Group**


7:30pm / Big Book Discussion  
 Bellwood Centre. 175 Brentcliffe Rd.  
 (Ravine Level, Vancouver Room)

THURSDAY

**SPIRIT OF THE BIG BOOK Group**


7:30pm /12 Step Topic/ Speaker  
 /Discussion (O)  
 Bloor Street United Church (Basement)  
 300 Bloor St. W. (East of Spadina)

**SNL: The Way Out @ CAMH**

7:30pm/Big Book Discussion (C)   
 CAMH, 100 Stokes Street.  
 2nd Floor

FRIDAY

**THE MEETING PLACE Group**

12:00 pm / Open Speaker   
 The Meeting Place @ Queen and Bathurst  
 588 Queen Street West ( enter from  
 Bathurst side, near the back)


**THE BIG BOOK Group**

7:30pm/ Discussion / Speaker  
 Bloor Street United Church (Music room)  
 300 Bloor St. W. (East of Spadina)


**SCARBOROUGH SERENITY Group**

7:30pm/ Speaker / Discussion  
 Conko United Church  
 398 Kennedy Rd. (@ Danforth)

**NATURALLY HIGH PARK Group**

8:00pm/ Speaker (O)   
 St. Martin's In The Fields Church.  
 151 Glenlake Ave. (N of Bloor, E of Keele)

**FAITH WITH WORKS Group**

7:30pm Alternating Open / Closed  
 Emmanuel Church of the Nazarene  
 1875 Sheppard Ave. W  
 \*\*\* First Meeting on May 11<sup>th</sup> \*\*\* 

**T.G.I.F. Group**

9:30pm/ Big Book Sponsorship (O)  
 Trinity St. Paul's Church.  
 427 Bloor St. W. (in the Chapel)

**FIRE OF HOPE Group**


7:00pm / BB Discussion  
 Dufferin Grove Park, Main Building  
 875 Dufferin Park Ave. Outdoor meeting.  
 First Friday of each month, Fireside  
 Meeting @ 6pm, Speaker / Sharing format

SATURDAY

**SATURDAY NOON Group**

12:00pm/ Big Book Discussion (C)  
 Trinity St. Paul's Church.  
 427 Bloor St. W. (Fireside room)

**SATURDAY NIGHT LIVE Group**

8:00pm/ Speaker (O)   
 Walmer Road Baptist Church  
 188 Lowther Ave.(N of Bloor, W of  
 Spadina)

**RICHMOND HILL**


WEDNESDAY

**A SPIRITUAL EXPERIENCE Group**

8:00pm/Big Book Discussion(C)   
 McConaghy Centre  
 10100 Yonge St. Room 201

SATURDAY

**A SPIRITUAL EXPERIENCE Group**

8:00pm (Open Meeting )   
 McConaghy Centre  
 10100 Yonge St. Room 201

**NEWMARKET**

MONDAY

**CROSS THE LINE Group**


7:30pm Big Book Discussion (C)  
 Bethal Christian Reformed Church  
 333 Davis Drive. (Basement)

WEDNESDAY

**LADIES' NIGHT Group**

7:30pm/ Big Book Discussion  
 Women Only / Service Meeting  
 570 Steven Court.

**HOPE, FAITH & WOMEN Group**

10:00am/ Big Book Discussion (C)   
 (Last Wednesday of each month)  
 Belinda's Place  
 1650 Yonge Street

FRIDAY


**CROSS THE LINE Group**

8:00 pm (Open Meeting)  
 Bethal Christian Reformed Church.  
 333 Davis Drive. (Basement)

**PICKERING**


TUESDAY

**NO ROCK ON BROCK Group**

7:30pm / Speaker / Discussion (O)   
 Peace Lutheran Church  
 928 Liverpool Rd  
 (lower back lot) (Go Transit Friendly)

FRIDAY

**NO ROCK ON BROCK Group**

8:00pm (90min) / Big Book (O)   
 Peace Lutheran Church  
 928 Liverpool Rd

**PORT PERRY**

TUESDAY


**HIGH HOPE Group**

7:30pm/ Big Book Discussion  
 Emmanuel Pentecostal Church  
 1680 Reach Street  
 \*\*\* First Meeting on May 22<sup>nd</sup> \*\*\*

**WHITBY**

THURSDAY

**INTO ACTION Group**

7:30pm/ Big Book Discussion (O)   
Whitby Baptist Church  
411 Gilbert St. E.

**OSHAWA**


MONDAY

**THE REAL DEAL Group**

12:30pm / Big Book Discussion  
121 Simcoe St. South. (Basement)

WEDNESDAY

**OSHAWA MUCKERS Group**

7:30pm/ Big Book Sponsorship (O)   
St. Stephen's United Church  
1360 Simcoe St. North (@ Taunton)

THURSDAY

**THE RECIPE Group**

8:00pm / Big Book Discussion  
Alano Club, 200 Thornton Rd. N.

SATURDAY


**THE VISION Group**

10:00am / BB / Disc./ Speaker (O)  
Pinewood Centre, 300 Centre Street South

**BOWMANVILLE**

SATURDAY

**RECOVERED ROB Group**

2:00pm/ Big Book Sponsorship (O)   
Lakeridge Health, Bowmanville  
47 Liberty St. South, (Basement Cafeteria)

**NEWCASTLE**

SUNDAY

**SPIRITUAL LINES Group**

7:00pm/ Big Book Discussion  
St George's Anglican Church  
250 Mills St South (Entrance on Edward St)

**COLBORNE**

TUESDAY

**THE PATH Group**

7:00pm/ Big Book Discussion  
St Andrew's Presbyterian Church  
45 King Street East

**CORNWALL**

THURSDAY

**LEARN TO LIVE Group**

7:00pm/ Big Book Discussion (C)  
House of Hope  
353 Montreal Rd.

**OTTAWA**

SUNDAY

**SUNDAY SANITY Group**

1:30pm (90 min) / Big Book Disc.  
Jack Purcell Community Centre,  
320 Jack Purcell Lane (Elgin & Lewis,  
behind coffee shop )

**MUSKOKA**


TUESDAY

**MUSKOKA SOLUTIONS Group**

7:30pm/ Discussion (C)  
Rosseau Nursing Station  
17 Victoria Street  
Rosseau, ON

SATURDAY

**MOON RIVER Group**

7:00pm, Discussion, (C)   
Trinity All Saints Anglican Church,  
1024 Bala Falls Rd.  
Bala, ON

**BARRIE**

MONDAY

**WOMEN OF RECOVERY Group**

7:30pm (Women Only)  
Collier Street United Church  
112 Collier St. (Basement)

TUESDAY

**PIPE DOWN Group**

8:30pm/ Big Book Discussion(C)  
Grace United Church (Basement)  
350 Grove St.

WEDNESDAY

**THE SIMCOE Group**

8:00pm / Discussion  
Burton Avenue United Church (Basement)  
37 Burton Ave (1 block East of Essa Rd.)

FRIDAY


**FREEDOM FRIDAY Group**

8:00pm/ Literature Discussion (C)  
Collier Street United Church  
112 Collier St. (Basement)

**WOODBIDGE**

WEDNESDAY

**BRIDGE THE CONNECTION Group**

8:00pm/ Big Book Discussion (C)   
Maranatha Christian Reformed Church  
4561 Langstaff Rd.

**MISSISSAUGA**

SUNDAY

**4TH DIMENSION Group**

7:00pm/ Big Book Discussion(C)  
Open Speaker mtg on last Sunday.  
Trinity Anglican Church  
26 Stavebank Rd.N. (River Room)


MONDAY

**MONDAY NIGHT RAW Group**

8:00 pm / Big Book Discussion (C)  
3439 Fieldgate Drive, Dixie Bloor  
Neighbourhood Centre.  
Fieldgate Plaza. Basement, to the left.

THURSDAY


**ALL OR NOTHING Group**

8:00pm / BB Discussion / Q&A (C)   
Open Speaker Mtg on 1st Thurs of  
month. Glenbrook Presbyterian Church  
3535 South Common Court.  
(S. of Burnhamthorpe, W of Erin Mills)

**BRAMPTON**

SUNDAY

**STARTING FRESH Group**

1:30pm / Closed Discussion   
Peel Chemical Withdrawal Centre  
135 McLaughlin Rd. South (S. of Queen)

WEDNESDAY

**STEPS TO GRACE Group**

8:00pm/ Big Book Discussion  
Grace United Church, 156 Main St. N.

**HAMILTON**

TUESDAY

**AFTER EIGHT Group**

8:15pm/ Chair's Choice   
1243 Main St. East


WEDNESDAY

**CA ACTION Group**

7:00pm/Big Book Discussion  
St. Joseph Hospital, 100 West 5th  
(Room A 217) (parking on nearby streets)

FRIDAY


**AFTER EIGHT Group**

8:15pm/ Big Book Discussion   
Last Friday of month is chair choice  
1243 Main St. East

**ST. CATHARINES**


MONDAY

**COURAGE TO CHANGE Group**

7:30pm / Discussion (O)   
St. Barnabas Church.  
33 Queenston Street


TUESDAY and FRIDAY

**1st NIAGARA Group**

8:00pm/ Discussion (O)   
St. Barnabas Church.  
33 Queenston Street


SATURDAY

**DESPERATE DESIRE Group**

8:00pm / Big Book / Discussion (O)   
Westview Church. 124 Queenston Street

SUNDAY


**HOPE DEALERS Group**

7:30pm / Book / Discussion (O)   
St. Barnabas Church.  
33 Queenston Street

**SIMCOE**


TUESDAY

**A VISION OF HOPE, FAITH AND COURAGE Group**

8:00 pm/ Big Book Discussion   
St. James United. 150 Colborne St.S.

SATURDAY

**THERE IS A SOLUTION Group**

7:30pm / Big Book Discussion (O)   
St. James United. 150 Colborne St.S.

**CAMBRIDGE**

MONDAY

**ATTITUDE ADJUSTMENT Group**  
7:00pm / Big Book / Discussion (C)  
St. Luke's Church  
1620 Franklin Blvd.

**GUELPH**

TUESDAY

**TYPE 3 Group**  
7:30pm/ Big Book Discussion (C)  
Matrix Building, 141 Woolwich St.

**OWEN SOUND**

THURSDAY

**END OF THE LINE Group**  
7:00pm/ Discussion  
St. Andrew's Presbyterian Church  
865, 2<sup>nd</sup> Avenue West

**LEAMINGTON**

FRIDAY

**FRIDAY NIGHT FRONT LINE OF RECOVERY Group**  
7:00pm / Big Book / Discussion (O)  
St. John's Anglican Church  
60 Erie St. North.

**LONDON**

MONDAY

**THE WAY OUT Group**  
7:00pm / Big Book (O)  
Salvation Army Center of Hope (Chapel)  
281 Wellington St

WEDNESDAY

**LONDON HOW Group**  
7:00pm /Big Book (O)  
Salvation Army Center of Hope (Chapel)  
281 Wellington St.

SATURDAY

**LONDON HOW Group**  
11:30am/ Big Book (O)  
Salvation Army Center of Hope (Chapel)  
281 Wellington St.

**CHATHAM**

MONDAY

**WELCOME HOME Group**  
8:00pm / Big Book Discussion  
St. Andrews United Church  
85 William St. South

**THAMESVILLE**

FRIDAY

**WELCOME HOME Group**  
8:00pm / Speaker  
Westover Treatment Center  
2 Victoria Rd South

**TECUMSEH**

SUNDAY

**SUNDAY FUNDAY Group**  
4:00pm/ Big Book Discussion (C)  
St. Anne's Parish, 12233 Tecumseh Rd.E

**WINDSOR**

MONDAY and THURSDAY

**PROGRAM OF ACTION Group**  
7:30pm/ Big Book Discussion (O)  
All Saints Anglican Church  
400 City Hall Square (South Door)

MONDAY and SATURDAY

**BREAKING THE CYCLE Group**  
7:30pm / Big Book Discussion (C)  
Corpus Christi Church  
1400 Cabana Rd W. (Side Door)  
(Wheelchair Accessible)

WEDNESDAY

**THE MISSION Group**  
8:00pm/ BB Study (C)  
875 Ouellette Ave. Room 302

THURSDAY

**THE MISSION Group**  
10:00am/ Discussion (C)  
875 Ouellette Ave. Room 302

**Phone Numbers**

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