

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 April 2019

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
CA ONLINE MEETINGS: 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

MONDAY


FIRST TORONTO Group

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

CLEAN on KENNEDY Group


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

SHEPPARD Group


8:00pm/ Topic Discussion (C) 
Jac's Place, 846 Sheppard Ave West
(0.5 km East of Downsview Subway)

TUESDAY


SOBER IN THE SIX Group

6:00pm / Big Book Discussion(C), 
Speaker every 3rd Tuesday.
750 Bloor St.W. Christie Pits, by the pavilion.
Outdoor Meeting until further notice.

FINAL STRAW Group


7:30pm / Big Book Discussion(C) 
Trinity St. Paul's Church
427 Bloor St. W. (Downstairs, Room B7)

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/ Book Discussion (C) 
Christ Church Deer Park
1570 Yonge St.(2 blks N. of St Clair Station)

SATURDAY NIGHT LIVE – STAYING ALIVE

8:15pm Big Book/ Tradition 
/Discussion.(C)
Native Canadian Centre of Toronto
16 Spadina Road (One block N. of Bloor)
(downstairs in Cafeteria)

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 BIG BOOK Group

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


SCARBOROUGH SERENITY Group

7:30pm/ Speaker / Discussion (O)
Konko Church of Toronto
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)

T.G.I.F. Group


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

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) 
Native Canadian Centre of Toronto
16 Spadina Road (One block N. of Bloor)

SUNDAY


SHEPPARD Group

9:30am / Big Book Discussion (C) 
Jac's Place, 846 Sheppard Ave W.
(0.5 km East of Downsview Subway)


HOW IT WORKS Group

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

FREEDOM FROM BONDAGE Group

1:15pm / Discussion (C) 
(Last Sunday is Open Speaker)
Trinity St. Paul's. 427 Bloor St W
(West of Spadina Subway)
LGBTQ, All are welcome.(Garden Room)

WINNER'S CIRCLE Group

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

BARRIE

MONDAY

WOMEN OF RECOVERY Group

7:30pm (Women Only) (C)
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. East

BARRIE

WEDNESDAY

THE SIMCOE Group

8:00pm / Discussion (C)
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)

BOWMANVILLE

SATURDAY


RECOVERED ROB Group

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

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 (C)
Grace United Church, 156 Main St. N.

CAMBRIDGE

MONDAY

ATTITUDE ADJUSTMENT Group

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

CHATHAM

MONDAY

WELCOME HOME Group

8:00pm / Big Book Discussion (C)
St. Andrews United Church
85 William St. South

COLBORNE

TUESDAY

THE PATH Group

7:00pm/ Big Book Discussion(C)
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.

GUELPH

TUESDAY

TYPE 3 Group

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

HAMILTON

TUESDAY

AFTER EIGHT Group
8:15pm/ Chair's Choice (O) 
1243 Main St. East

WEDNESDAY

CA ACTION Group
7:00pm/Big Book Discussion, (C)
Last Wed of each month is Open Disc.
St. Joseph Hospital, 100 West 5th
(Room A 217) (parking on nearby streets)

FRIDAY

AFTER EIGHT Group
8:15pm/ Big Book Discussion (O) 
Last Friday of month is chair choice
1243 Main St. East

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.

MISSISSAUGA

MONDAY

MONDAY NIGHT RAW Group
8:00 pm / Big Book Discussion (C)
3439 Fieldgate Drive,
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)

FRIDAY

SOBER IN SAUGA Group
**** First Meeting on May 3 ****
7:30pm/ BB Speaker Discussion(C)
Erindale United Church,
1444 Dundas Crescent. (E. of Miss.Rd.)

MISSISSAUGA..... SUNDAY


4TH DIMENSION Group
7:00pm/ Literature Discussion(C)
Open Speaker mtg on last Sunday.
Trinity Anglican Church
26 Stavebank Rd.N. (River Room)

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

NEWCASTLE

SUNDAY


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


NEWMARKET

MONDAY

CROSS THE LINE Group
7:30pm Big Book Discussion (C)
Bethel Christian Reformed Church
333 Davis Drive. (Basement)

WEDNESDAY

HOPE, FAITH & WOMEN Group 
10:00am/ Big Book Discussion (C)
(Last Wednesday of each month)
Belinda's Place, 1650 Yonge Street

WARRIOR CHICKS Group 
7:00pm/ Big Book Discussion (C)
(First Wednesdays is Open Speaker)
570 Steven Court, Unit B

FRIDAY

CROSS THE LINE Group
8:00 pm / Speaker (O)
Bethel Christian Reformed Church.
333 Davis Drive. (Basement)

OAKVILLE

WEDNESDAY


ALL YOU NEED IS LOVE Group
7:30pm/ Topic Discussion (O) Kids welcome
St. Simon's Anglican Church, downstairs.
1450 Litchfield Rd. (Trafalgar @ Up.Middle)

OSHAWA

MONDAY

THE REAL DEAL Group
12:00pm / Big Book Discussion (O)
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 (O)
Alano Club, 200 Thornton Rd. N.

SATURDAY


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

OTTAWA

SUNDAY

SUNDAY SANITY Group
1:30pm (90 min) / Big Book Disc. (C)
Jack Purcell Community Centre, Room 201
320 Jack Purcell Lane (Elgin & Lewis,
behind coffee shop)

TUESDAY

HOPE, FAITH AND COURAGE Group 
7:30pm (90 min) / BB Discussion (C)
McNabb Centre,
180 Percy Street.

OWEN SOUND

THURSDAY

END OF THE LINE Group
7:00pm/ Discussion (O)
St. Andrew's Presbyterian Church
865, 2nd Avenue West


PETERBOROUGH

SUNDAY


A JOURNEY BEGINS Group
7:00pm/ Big Book Discussion (C)
St. Andrew's United Church
441 Rubidge St.

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 (O)
Emmanuel Pentecostal Church
1680 Reach Street

PORT DOVER

SUNDAY


THERE IS A SOLUTION Group

10:00 am/ Topic Discussion (O)
Food Bank, 213 Market St. (Side Entrance)

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 (O) 
McConaghy Centre
10100 Yonge St. Room 201

SIMCOE

TUESDAY

THERE IS A SOLUTION Group

8:00 pm/ Literature Discussion / Topic (O)
St.James United.150 Colborne St.S.

SATURDAY


THERE IS A SOLUTION Group

7:30pm / Big Book Discussion (O) (90 min)
St.James United.150 Colborne St.S.

ST. CATHARINES


MONDAY

COURAGE TO CHANGE Group

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


THURSDAY

1st NIAGARA Group

7:30pm/ 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

TECUMSEH

SUNDAY

SUNDAY FUNDAY Group

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

THAMESVILLE

FRIDAY

WELCOME HOME Group

8:00pm / Speaker (O)
Westover Treatment Center
2 Victoria Rd South

WHITBY

THURSDAY

INTO ACTION Group

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

WINDSOR

MONDAY and THURSDAY

PROGRAM OF ACTION Group

7:30pm/ Big Book Study (O)
875 Ouellette Ave. 3rd Floor, Rear Access

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

WOODBRIIDGE

WEDNESDAY


BRIDGE THE CONNECTION Group

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

WOODSTOCK

SUNDAY

THE OXFORD Group

7:30pm/ Big Book Discussion (C) 
Dundas Street United Church,
285 Dundas St.

Phone Numbers