

## 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 January 2020

### SOUTHERN ONTARIO COCAINE ANONYMOUS

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



**On the Web:** ca-on.org  
**CA Online Meetings:** ca-online.org  
**Call Toll Free:** 1-866-6-CA-INFO  
1-866-622-4636  
**or local in GTA:** 416-927-7858

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

**Can't be there in person? Join the Area Meeting via Telecom!  
Desktop or mobile. Details on our website.**

*Meetings do change, for the most up-to-date info, please check  
<https://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

**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

**DARK SIDE OF THE SPOON Group**

6:00pm / Big Book Discussion(C),  
721 Bloor St.W. Suite 301  
Young people's mtg, but all are welcome.

**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

**LADY GANG Group**

7:00pm Speaker / Discussion (C)  
Women's Meeting  
Trinity St. Paul's Church  
427 Bloor St. W. (Chapel Room)

**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)

**THE WAY OUT – CA TORONTO Group**

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

**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 (O)  
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. (Garden 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)

**CA SERVICE SPONSORSHIP Group**

10:30am-1:30pm /Workshop. (O)  
First Sunday of every month.  
Carrot Common Bldg, 2nd floor.  
348 Danforth Ave (Chester station)

**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)

**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)

**THE SOLUTION Group**

8:00pm/ Big Book / Step Discussion (O)  
Trinity St. Paul's Church.  
427 Bloor St. W. (bsmt, Rainbow Room)

**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

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**

MONDAY

**ALIVE IN THE 905 Group**

7:30pm/ Big Book Discussion (O)  
Bowmanville Community Church  
75 Liberty St. South.

**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

**CORNWALL**

THURSDAY

**LEARN TO LIVE Group**

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

TUESDAY

**CORNWALL HOPE DEALERS Group**

7:00pm/ Topic 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.  
First Mondays – topic is Tradition

MISSISSAUGA...

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**

7:30pm/ BB Speaker Discussion(C)  
Erindale United Church,  
1444 Dundas Crescent. (E. of Miss.Rd.)

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)   
570 Steven Court, Unit B  
\*\*\* MEETING ON HOLD TILL SPRING\*\*\*

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)  
St. Simon's Anglican Church, downstairs.  
1450 Litchfield Rd. (Trafalgar @  
Upper.Middle) Kids welcome.

**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)

FRIDAY


**IN THE TRENCHES Group**

8:00pm/ Big Book Discussion (O)  
St. Thomas Anglican Church  
1619 Main Street South, Stittsville

**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

