

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.

In-Person Meeting List as of July 2024

Southern Ontario Cocaine Anonymous

Area Service Meeting:
427 Bloor St. W. Toronto, 10:30 am
Second Saturday of every month.



Please check our website for the most up-to-date meetings info:

<https://ca-on.org>

INFO HELP LINE
416-927-7858

What is CA?

Cocaine Anonymous is a fellowship of people 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.

The Promises:

If we are painstaking about this phase of our development, We will be amazed before we are halfway 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.

IN-PERSON MEETINGS

Closed Mtg - for addicts / alcoholics only.
Open Mtg - anyone can attend.

TORONTO**Monday**

FIRST TORONTO Group
7:00 pm - Big Book, Discussion (Closed Mtg)
St. Andrews Church, 117 Bloor St. E. - Toronto

SOLE PURPOSE Group
7:00 pm - Big Book, Discussion (Closed Mtg)
Salvation Army, 789 Dovercourt Rd - Toronto

NEW BEGINNINGS Group
7:30 pm - Big Book (Closed Mtg)
Melville Presbyterian Church
70 Old Kingston Rd - Scarborough

Tuesday

FINAL STRAW Group
7:00 pm - Big Book, Discussion (Closed Mtg)
Salvation Army, 789 Dovercourt Rd - Toronto

SHEPPARD Group
7:30 pm - Big Book, Discussion (Closed Mtg)
St. George Church, 5350 Yonge St. - North York.

Wednesday

DROP THE 8 BALL Group
7:00 pm - Discussion (Closed Mtg)
Konko Church, 398 Kennedy Rd - Scarborough

PHOENIX Group
7:30 pm - Big Book, Discussion (Closed Mtg)
Christ Church Deer Park, 1570 Yonge St. - Toronto

SNL STAYING ALIVE Group
7:30 pm - Big Book (Closed Mtg)
Native Canadian Centre, 16 Spadina Rd - Toronto

Thursday

DROP THE 8 BALL - BLAST OF HOPE Group
6:00 pm - Room L27
2660 Eglinton Ave E, Scarborough

LADY GANG Group (Hybrid Meeting)
7:00 pm - Women & Non Binary only
For location and zoom code, e-mail:
CALADYGANG@gmail.com
Downtown Toronto

EAST SIDERS Group
7:30 pm - Discussion (Closed Mtg)
Open Mtg on last Thursday of each month
The Salvation Army, 107 Cedarvale Ave, East York

THE WAY OUT (TORONTO) Group
7:30 pm - Discussion (Closed Mtg)
CAMH - Bell Gateway Bldg, 2nd floor
100 Stokes St. - Toronto

NO COKE IN ETOBICOKE Group (Hybrid Meeting)
8:00 pm - Big Book (Closed Mtg)
Islington Baptist, 50 Royalavon Cres - Etobicoke
Zoom Id: 520 274 9207

Friday

SCARBOROUGH SERENITY Group
7:00 pm - Closed Mtg
398 Kennedy Rd - Scarborough

Toronto cont'd...**Friday**

FRIDAY NIGHT FRIENDS Group
7:00 pm - Closed Mtg
Salvation Army, 789 Dovercourt Rd - Toronto

NATURALLY HIGH PARK Group
8:00 pm - Discussion (Closed Mtg)
Last Friday is Open Speaker Mtg
Church of St. Martin, 151 Glenlake Ave - Toronto

Saturday

SATURDAY NIGHT LIVE (SNL) Group
8:00 pm - Open Speaker Mtg
Native Canadian Centre, 16 Spadina Road

Sunday

WINNERS CIRCLE Group
3:45 pm - Closed Discussion Mtg
Gratitude 1st Sunday every 2nd month
Trinity St. Paul's United, 427 Bloor St. W. - Toronto

ARNPRIOR (near Ottawa)**Thursday**

SPECTACULAR UPHEAVALS Group
7:00 pm - Big Book Discussion (Closed Mtg)
Kenwood Centre, 16 Edward St S

BALA**Thursday**

BALA FALLS CA Group
7:00 pm - Discussion (Closed Mtg)
Trinity St. Albans Church, 1024 Bala Falls Rd

BARRIE**Tuesday**

INNER PEACE Group
12:00 pm - Discussion (Closed Mtg)
The 705, 56 Dunlop St W

4th DIMENSION Men's Group
7:30 pm - Discussion (Closed Mtg)
Ferris Lane Community Church, 49 Ferris Lane

PIPEDOWN Group
8:00 pm - Big Book Discussion (Closed Mtg)
Grace United Church, 350 Grove St E

Wednesday

SIMCOE Group
7:30 pm - Discussion (Closed Mtg)
The 705, 56 Dunlop St W

Friday

FREEDOM FRIDAY Group
8:00 pm - Discussion (Closed Mtg)
The 705, 56 Dunlop St W

Saturday

STEP UP SATURDAYS Group
7:30 pm - Discussion (Closed Mtg)
The 705, 56 Dunlop St W


Sunday

BARRIE LADY GANG Group
11:00 am - Women & Non Binary only
For location and zoom code, e-mail:
CALADYGANG@gmail.com

BOWMANVILLE (near Oshawa)**Sunday**

LIBERTY STREET BOOKERS Group
7:30 pm - Big Book Discussion (Closed Mtg)
127 Liberty St. S

BRAMPTON**Thursday**

WE DO RECOVER Group 
8:00 pm - Big Book Discussion (Closed Mtg)
Chinguacousy Wellness Centre,
995 Peter Robertson Blvd, #1

BRANTFORD**Wednesday**

A NEW LIGHT Group
7:30 pm - Big Book Discussion, (Open Mtg)
Speaker last Wednesday of every month
4 Pearl Street

Saturday

A NEW LIGHT Group
12:00 pm - Big Book Discussion, (Open Mtg)
4 Pearl Street

BRITT (near Parry Sound)**Saturday**

STRAIGHT TO BUSINESS Group
7:00 pm - Big Book Discussion / Speaker Mtg
Magnetawan First Nation, 10 ON-529

BROCKVILLE**Tuesday**

THE WAY OUT BROCKVILLE Group
7:00 pm - Big Book (Closed Mtg)
5 Wall Street

BUFFALO, NY**Monday**

SIXTH SENSE Group
8:00 pm - Discussion, (closed Mtg)
The Hope Center, 781 Maple Road

Wednesday

NO FUN Group
7:00 pm - Big Book Discussion (Open Mtg)
Central Park Church, 216 Beard Ave - Buffalo

Thursday

4th DIMENSION Group
7:30 pm - Big Book Discussion (Closed Mtg)
Life Church, 4928 Seneca St - West Seneca, NY

Saturday

SIXTH SENSE Group
3:00 pm - Big Book Discussion (Closed Mtg)
The Hope Center, 781 Maple Road - Buffalo

Sunday

DROP THE ROCK Group
6:00 pm - Big Book Discussion (Closed Mtg)
Zion Lutheran Church, 1004 Michigan Ave -
Niagara Falls, NY

CAMBRIDGE**Thursday**

ANOTHER KIND OF FLIGHT Group
6:30 pm - Big Book (Closed Mtg)
Good News Church - 215 South Street

CORNWALL

Thursday
 LEARN TO LIVE Group
 7:00 pm - Big Book Discussion (Closed Mtg)
 First Baptist Church, 310 York St

GUELPH

Saturday
 SUNLIGHT OF THE SPIRIT Group
 6:30 pm - Speaker (Open Mtg)
 Matrix Building, 141 Woolwich St.

HAMILTON

Tuesday
 AFTER 8 Group
 8:15 pm - Discussion (Closed Mtg)
 1243 Main St E

Wednesday
 CA ACTION Group (Hybrid Mtg)
 7:00 pm - Big book Discussion (Closed Mtg)
 Open speaker last Wednesday of each month
 St. Joseph's West 5th Campus, room A213
 100 West 5th Street
 Zoom id: 528 138 192

Friday
 AFTER 8 Group
 8:15 pm - Big Book Discussion (Closed Mtg)
 1243 Main St E


Sunday
 SUNDAY NIGHT LIGHT Group (Hybrid Mtg)
 6:30 pm - Discussion (Closed Mtg)
 Heritage Green Community Church,
 956 Paramount Drive
 Zoom Id: 908 296 6024


Wednesday
 HAPPY DESTINY Group
 7:30 pm - Discussion (Closed Mtg)
 Salvation Army Building, 183 Weller Ave


Thursday
 DETOX MEETING
 7:00 pm - Discussion (Closed Mtg)
 240 Brock St

Sunday
 HOPE, FAITH AND COURAGE Group
 7:30 pm - Discussion (Closed Mtg)
 Salvation Army Building, 183 Weller Ave


KINGSTON

Monday
 THE WAY OUT Group 
 7:00 pm - Big Book Discussion (Open Mtg)
 St Andrew's Memorial Church, 55 Foxbar Rd.

Wednesday
 THE WAY OUT Group 
 7:00 pm - Discussion (Closed Mtg)
 Salvation Army, 281 Wellington St


Thursday
 THE WAY OUT Group 
 7:00 pm - Big Book Discussion (Open Mtg)
 St Andrew's Memorial Church, 55 Foxbar Rd.

LONDON

Monday
 THE WAY OUT Group 
 10:00 am - Discussion (Closed Mtg)
 Salvation Army, 281 Wellington St

Wednesday
 THE WAY OUT Group 
 7:00 pm - Discussion (Closed Mtg)
 Salvation Army, 281 Wellington St

Thursday
 THE WAY OUT Group 
 7:00 pm - Big Book Discussion (Open Mtg)
 St Andrew's Memorial Church, 55 Foxbar Rd.

Saturday
 THE WAY OUT Group 
 10:00 am - Discussion (Closed Mtg)
 Salvation Army, 281 Wellington St

MISSISSAUGA

Tuesday
 SOBER IN SAUGA Group
 7:30 pm - Discussion (Closed Mtg)
 Sheridan United, 2501 Truscott Dr

Thursday
 ALL OR NOTHING Group
 8:00 pm - Big Book Discussion (Closed Mtg)
 Speaker (open mtg) 1st Thursday of each month.
 Erindale United, 1444 Dundas Cres

Friday
 OVER THE INFLUENCE Group
 8:00 pm - Discussion (Closed Mtg)
 Applewood United Church, 2067 Stanfield Rd

Monday
 CROSS THE LINE Group
 7:00 pm - Big Book Discussion (Closed Mtg)
 Cornerstone to Recovery, 570 Steven Ct. B

Friday
 CROSS THE LINE Group
 8:00 pm - Speaker (Open Mtg)
 Cornerstone to Recovery, 570 Steven Ct. B

Saturday
 BRIDGE TO SHORE Group ****Starts July 27****
 10:30 am - Big Book Discussion (Closed Mtg)
 Cornerstone to Recovery, 570 Steven Ct. B

ORANGEVILLE

Friday
 JUST STAY REAL Group
 7:30 pm - Discussion (Closed Mtg)
 Westminster United Church, 247 Broadway

OSHAWA

Monday
 THE SHAWA REAL DEAL Group
 12:00 pm - Discussion (Closed Mtg)
 121 Simcoe St. S - Oshawa

Wednesday
 OSHAWA MUCKERS Group
 7:30 pm - Big Book Discussion (Closed Mtg)
 298 Eulalie Ave - Oshawa

Thursday
 THE RECIPE Group
 7:30 pm - Big Book Discussion (Closed Mtg)
 Alano Club, 200 Thornton Rd N - Oshawa

OTTAWA

Monday
 INTO ACTION Group
 7:00 pm - Discussion (Closed Mtg)
 St. Paul Presbyterian Church, 971 Woodroffe Ave

Tuesday
 EAST END SOLUTION Group
 7:00 pm - Discussion (Closed Mtg)
 Bob MacQuarrie Rec Complex,
 1490 Youville Dr., Orleans

Friday
 IN THE TRENCHES Group
 7:00 pm - Discussion (Closed Mtg)
 St. Thomas Anglican Church, 1619 Main St South

Ottawa continued...

Sunday
 SUNDAY SANITY Group
 1:00 pm - Discussion (Closed Mtg)
 Jack Purcell Community Center
 320 Jack Purcell Lane

PEMBROKE (near Ottawa)

Monday
 COURAGE TO CHANGE Group
 7:00 pm - Open Mtg
 The Grind Pembroke, 273 Victoria St.


PETERBOROUGH

Wednesday
 LADY GANG EAST Group
 7:00 pm - Women & Non Binary only
 For location, e-mail: CALADYGANG@gmail.com

Thursday
 THE BROAD HIGHWAY Group
 7:00 pm - Big Book Discussion (Closed Mtg)
 St. John Anglican Church, 99 Brock St

Saturday
 THE BROAD HIGHWAY Group
 4:00 pm - Big Book Discussion (Closed Mtg)
 St. John Anglican Church, 99 Brock St

PICKERING

Friday
 NO ROCK ON BROCK Group 
 8:00 pm - Big Book Discussion (Open Mtg)
 Peace Lutheran Church,
 928 Liverpool Rd


PORT PERRY

Tuesday
 HIGH HOPE Group
 7:00 pm - Big Book Discussion (Closed Mtg)
 Emmanuel Community Church, 1680 Reach St

RENFREW (near Ottawa)

Saturday
 DESIGN FOR LIVING Group
 7:00 pm - Big Book Discussion (Closed Mtg)
 Trinity St.Andrews, 291 Plaunt St. S

RICHMOND HILL

Wednesday
 A SPIRITUAL EXPERIENCE Group (Hybrid) 
 8:00 pm - Big Book Discussion (Closed Mtg)
 Emmanuel Church Richvale (East Side Entrance)
 15 MacKay Dr
 Zoom Id : 441 315 3765, pwd: steps

SIMCOE (near Brantford)

Tuesday
 THERE IS A SOLUTION Group
 8:00 pm - Big Book Discussion (Closed Mtg)
 St. James Church, 150 Colborne St. S


Saturday
 THERE IS A SOLUTION Group
 8:00 pm - Big Book Discussion (Closed Mtg)
 St. James Church, 150 Colborne St. S

ST. CATHARINES

Monday

WOMEN'S DETOX Meeting
6:30 pm - Open Mtg, Meets 1st, 3rd & 5th Mondays
264 Welland Ave

Thursday

FIRST NIAGARA Group 
7:30 pm - Big Book Discussion (Open Mtg)
St. Barnabas Church , 33 Queenston St

Saturday

LADY GANG NIAGARA Group
10:00 am - Women & Non Binary only
For location and zoom code, e-mail:
CALADYGANG@gmail.com

Saturday

DESPERATE DESIRE Group
8:00 pm - Step Discussion (Closed Mtg)
Silver Spire Church, 366 St Paul St.

SUDBURY

Tuesday

SUDBURY SOLUTION Group
7:00 pm - Big Book Discussion (Closed Mtg)
Trinity Evangelical Lutheran Church
189 Regent Street

Friday

SUDBURY SOLUTION Group
7:00 pm - Big Book Discussion (Closed Mtg)
Grace United Church, 1520 Bancroft Drive


TRENTON

Friday

CRUSHING BLOW IN QUINTE Group
7:30 pm - Big Book Discussion (Closed Mtg)
Trenton Bethel Pentecostal Church, 77 Herman St

WATERLOO

Tuesday

THE PHOENIX Group 
7:00 pm - Big Book Discussion (Closed Mtg)
Emmanuel United Church, 22 Bridgeport Rd. W

WHITBY

Tuesday

LADY GANG DURHAM Group
7 pm - Women & Non Binary only
For location and zoom code, e-mail:
CALADYGANG@gmail.com

WINDSOR

Saturday

RISE AGAIN Group
7:30 pm - Big Book Discussion (Closed Mtg)
New Song Church, 1240 Pierre Ave

WOODBRIIDGE

Wednesday

BRIDGE THE CONNECTION Group
7:30 pm - Big Book Discussion (Closed Mtg)
Cornerstone Church, 180 Nashville Rd

Sunday

BRIDGE THE CONNECTION Group
7:30 pm - Speaker (Open Mtg)
Cornerstone Church, 180 Nashville Rd

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<https://ca-on.org>

**INFO HELP LINE
416-927-7858**