

## 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 August 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

**KINGSTON**


**Tuesday**  
 FELLOWSHIP OF THE SPIRIT Group  
 12:00 pm - Discussion (Closed Mtg)  
 St. Paul's Church, 137 Queen St.

**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

**LONDON**

**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 Continued...**

**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

**NEWMARKET**

**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  
 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**

**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**  
 BEYOND RECALL Group  
 7:00 pm - Women & Non Binary only  
 For location, e-mail: beyondrecall247@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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416-927-7858**