

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 December 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)
Speaker 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**Monday**

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

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**Monday**

WE DO RECOVER Group
8:00 pm - Big Book, Lead Share (Closed Mtg)
William Osler WMC, 135 McLaughlin Rd.S.
Buzz to enter

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 - Buffalo

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

CARLETON PLACE (near Ottawa)**Sunday**

GRATITUDE IN ACTION Group
6:00 pm - Big Book Discussion (Closed Mtg)
St. James Church, 225 Edmund St.

COBOURG**Tuesday**

CRAVING SERENITY Group(Hybrid Mtg)
8:00 pm - Big Book Discussion (Closed Mtg)
Salvation Army, 59 Ballantine St.
Zoom: 6883763879, Pw: 1234

CORNWALL**Thursday**

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

GOLDEN LAKE (near Pembroke)**Thursday**

COURAGE TO CHANGE Group
6:30 pm - Big Book Discussion (Closed Mtg)
96 Chibekana Inamo

GUELPH**Saturday**

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

HAMILTON**Monday**

MAJESTIC SOLUTIONS Group
8:30 pm - Discussion (Closed Mtg)
1243 Main St E

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


Kingston cont'd...**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.

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)
(Women and Female identifying only)
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

Oshawa cont'd...**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

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.

PETAWAWA (near Ottawa)**Friday**

RIVER OF HOPE Group
7:00 pm - Big Book Discussion (Closed Mtg)
All Saints Anglican, 1173 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

MEN'S DETOX Meeting
6:30 pm - Open Mtg
264 Welland Ave

Thursday

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

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

TILLSONBURG

Thursday

A SPIRITUAL SOLUTION Group
8:00 pm - Big Book Discussion (Closed Mtg)
Tillsonburg Alliance Church, 270 Quarter Town Line

TRENTON

Friday


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

WATERLOO

Monday

THE RED WILLOW Group
7:00 pm - (Indigenous informed)
52 Regina St. N.

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

COFFEE WITH COKEHEADS Group
6:30 pm - Big Book Discussion (Closed Mtg)
1728 Lincoln Rd,

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

Please scan the QR Code below to download our Meeting App

For Android



For iOS



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<https://ca-on.org>

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416-927-7858**