

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 all public media.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

In-Person Meeting List as of May 2026

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
1-888-338-0417

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

Speaker Mtg - anyone can attend

ACTON**Monday**

STEPS TO FREEDOM Group
7:00 pm - Big Book (Closed Mtg)
The Roxy Centre, 6 Mill St. E.

ARNPRIOR (near Ottawa)**Thursday**

SPECTACULAR UPHEAVALS Group
7:00 pm - Big Book Discussion (Open 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)
Ferris Lane Community Church, 49 Ferris Lane

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
200 Brock St.

BELLEVILLE**Thursday**

BELLEVILLE SOLUTIONS Group
7:30 pm - Big Book Discussion (Closed Mtg)
Salvation Army, 290 Bridge St. W

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
Grace Anglican, 4 Pearl Street

Saturday

A NEW LIGHT Group
12:30 pm - Big Book Discussion, (Open Mtg)
Grace Anglican, 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 Discussion (Open Mtg)
United Church, 5 Wall Street

Friday

DROP THE ROCK BROCKVILLE Group
7:00 pm - Big Book Discussion (Open Mtg)
United Church, 5 Wall Street


BURLINGTON**Tuesday**

SPIRITUAL LINES Group
7:30 pm - Big Book Discussion (Closed Mtg)
Wellington United Church, 2121 Caroline St


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 (Open Mtg)
St. James Church, 225 Edmund St.

Thursday

GRATITUDE IN ACTION Group 
6:00 pm - Step Study Discussion (Open Mtg)
St. James Church, 225 Edmund St.


COBOURG**Tuesday**

CRAVING SERENITY Group (Hybrid Mtg)
7:30 pm - Big Book Discussion (Closed Mtg)
Salvation Army, 59 Ballantine St.
Zoom: 88668309914, Pw: 301504

CORNWALL**Thursday**

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

DUNNVILLE**Tuesday**

THE GREAT ESCAPE Group 
7:00 pm - Big Book Discussion (Closed Mtg)
233 Lock St W (Entrance on Church St)

HAMILTON**Monday**

MAJESTIC SOLUTIONS Group
8:30 pm - Discussion (Closed Mtg)
The Area Social Club, 1243 Main St E

Tuesday

AFTER 8 Group
8:15 pm - Discussion (Closed Mtg)
The Area Social Club, 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 St.
Zoom ID: 528 138 192

Friday

AFTER 8 Group
8:15 pm - Big Book Discussion (Closed Mtg)
The Area Social Club, 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, Pw: Sundayca1

KINGSTON**Monday**

BonVie
8:00 pm - Speaker (Open Mtg)
6449 Perth Rd, Village ON K0L 2L0


Wednesday

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


Thursday

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


Sunday

HOPE, FAITH AND COURAGE Group 
7:30 pm - Discussion (Open 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

WOODSTOCK HOW Group
7:00 pm - Discussion (Closed Mtg)
373 Blossom Park Rd.

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

MIDLAND

Monday
PATH TO PEACE Group
7:00 pm - Big Book Discussion (Closed Mtg)
Knox Presbyterian Church 248 Midland Avenue

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

Tuesday
ALIVE IN THE 905 Group
7:00 pm - Big Book Discussion (Open 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

NEW YORK STATE, USA

Monday
SIXTH SENSE Group
8:00 pm - Discussion, (Closed Mtg)
The Hope Center, 781 Maple Road - Buffalo, NY

Tuesday
PRIMARY PURPOSE Group
7:00 pm - Big Book, Meditation, (Open Mtg)
Speaker every 4th Tuesday
The Recovery Station, 5256 Clinton Street Rd - Batavia, NY

Wednesday
NO FUN Group
7:00 pm - Big Book Discussion (Open Mtg)
Anchor Church, 310 Starin Ave - Buffalo, NY
Entrance at back of bldg, off Wingate Ave

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

Friday
RAILS TO REDEMPTION Group
7:00 pm
Save the Michaels, 144 Main Street, Lockport, NY

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

New York State Cont'd...

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

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

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

OTTAWA

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

Tuesday
EAST END SOLUTION Group 
7:00 pm - Big Book Discussion (Open Mtg)
Orleans United, 1111 Orleans Blvd, Orleans

Wednesday
PROGRESS NOT PERFECTION Group 
7:00 pm - Big Book Discussion (Open Mtg)
20 Young Road, Kanata


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

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

PEFFERLAW

Tuesday
GEORGINA Group
8:00 pm -
Cedardale Church, 471 Pefferlaw Rd

PEMBROKE (near Ottawa)

Monday
COURAGE TO CHANGE Group 
7:00 pm - Discussion (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 (Open Mtg)
Trinity St.Andrews, 291 Plaunt St. S

Sault Ste. Marie

Wednesday
One Line At a Time Group (Hybrid Mtg)
7:30 pm - Big Book, Speaker (Open Mtg)
Café for Good, 326 Queen St. E.
Zoom ID:840 6221 6896 Pw. hope

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
DETOX Meeting (Men's and Women's separate)
6:30 pm - Open Mtg
264 Welland Ave

Tuesday
END THE STIGMA Group
7:00 pm - Big Book Discussion (Open Mtg)
412 St Paul St. (Front door)

Thursday
DETOX Meeting (Men's and Women's Separate)
11:00 am - 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. (Back Entrance)

STOUFFVILLE

Saturday
END OF THE LINE Group
7:00 pm - Big Book Discussion
Bloomington Gospel Church, 13660 Ninth Line

SUDBURY

Sunday
A QUIET PEACE UP NORTH Group
7:00 pm - Big Book Discussion (Open Mtg)
97 St. George St

Sudbury Cont'd...**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

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

EASTSIDERS Group
7:30 pm - Big Book/Discussion (Closed Mtg)
Newcomers welcome
All addicts/alcoholics welcome
The Salvation Army, 107 Cedarvale Ave, East York

Tuesday

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

MIMICOKE SPIRITUAL NINJAS Group
7:30 pm - Big Book, Discussion (Closed Mtg)
Mimico Presbyterian Church
119 Mimico Ave - Etobicoke

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

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

Thursday

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

Thursday

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

Toronto Cont'd...**Friday**

STEPS TO SERENITY
7:00 PM - Big Book, Step Meeting (Closed Mtg)
Knox United Church, 34 Market St - York

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

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

TRENTON**Tuesday**

CRUSHING BLOW IN QUINTE Group
7:30 pm - Big Book Discussion (Closed Mtg)
Trenton Baptist Church, 125 Dixon Dr, Front Doors

WATERLOO**Monday**

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

WHITBY**Tuesday**

LADY GANG DURHAM Group (Hybrid Mtg)
7 pm - Women & Non Binary only - Discussion
All Saints Baptist Church
300 Dundas St West
Zoom ID: 839 2956 9456

WINDSOR**Saturday**

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

WOODBIDGE**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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Please scan the QR Code below to download our Meeting Finder App

For Android**For iOS**