


TORONTO


SUNDAY

9:30 AM / Big Book Discussion 
SHEPPARD Group of C.A.
Jac's Place
858 Sheppard Ave. West
(1/2 km east of Downsview Subway)

**2 to 6:00 PM / 12 Step Workshop
"How It Works"**


MEETS: Last Sunday of every month


HOW IT WORKS Group
Carrot Common Bldg.
348 Danforth Ave. 2nd Floor
(Chester subway)


3:30 PM / CA Books / Discussion 
+**Tradition** (last Sun.of the month)
WINNER'S CIRCLE Group
Trinity St. Paul's Centre
427 Bloor St. West
(West of Spadina Subway)

8:00 PM / Speaker / Discussion
PARKDALE PEACE Group
Emmanuel Howard Park United Church
214 Wright Ave.
(North of Queen St.@ Roncesvalles)

MONDAY

7:30 PM / Step Discussion 
FIRST TORONTO Group
St. Andrew's Church
117 Bloor St. East
(Yonge & Bloor Subway)


7:30 PM / Big Book Discussion. 
CLEAN on KENNEDY Group
Dorset Park Baptist Church
1428 Kennedy Rd. @ Ellesmere
(Side Door)

8:00 PM / Topic Discussion 
SHEPPARD Group of C.A.
Jac's Place
858 Sheppard Ave. West
(1/2 km east of Downsview Subway)

8:00 PM / BB / Sponsorship
MONDAY NIGHT MUCKERS Group
Alano Club
740 Broadview Ave.
(S.W. corner, Broadview & Danforth)

TUESDAY

12:15 PM / Big Book Discussion
A WAY OUT Group
Bloor St. United Church
300 Bloor St. W.(Music Room)
(2 blocks east of Spadina)

8:00 PM / 1-2-3 Discussion 
+ **4 – 12 Discussion/ Tradition** (3rd Tues.)
NATURALLY HIGH PARK Group
St. Martin's-In-The-Field Church
151 Glenlake Ave.
(1 block north of Bloor ,east of Keele)


8:00 PM/ Discussion
(Speaker at the end of the month)
Women Recovering
Alano Club
740 Broadview Ave
(½ block south of Danforth)
(FOR WOMEN ONLY)

8:00 PM / Big Book Discussion
SIMPLE MINDS Group
Bloor Street United Church
300 Bloor St. W. (Lower Club Room)

WEDNESDAY


12:30 PM / Speaker/Discussion
PARC CA MEETING
PARC Center
1499 Queen St W. (corner of Sorauren)
Located in the Edmund Yu Rm

7:30 PM / 1-2-3-Discussion
THE NEW SERENITY Group
Eastminster Church
310 Danforth Ave.
(Chester Subway)

7:30 PM /Book Discussion 
PHOENIX Group
Christ Church Deer Park
1570 Yonge St.
(2 blks N. of St Clair Subway Station)


7:30 PM Big Book Study
Rock Bottom

St. Stephen's Church
3817 Lawrence Ave. E
(East of Scarborough Golf Club Rd.)

7:30 PM Big Book /Trad/Discussion 
Saturday Night Live - Staying Alive
Walmar Road Baptist Church
188 Lowther Ave.
Upstairs in meeting room #2
(North of Bloor, 1 west of Spadina)

THURSDAY

12:15 PM / Big Book Discussion
A WAY OUT Group
Bloor Street United Church
300 Bloor St. W. (Music Room)
(2 blocks east of Spadina)


7:00 PM / 12+12- / Big Book 
THE REBEL Group
St. Stephen's Community Centre
260 Augusta Ave. Rm#003 basement

**7:15 PM / 12 Step
Topic/Speaker/Discussion**
ALL OUR AFFAIRS Group
Bloor St. United Church , Basement
300 Bloor Street W.
(east of Spadina subway station)

FRIDAY


7: 30 PM/ Big Book Discussion
(Speaker at the end of the month)
THE BIG BOOK Group
Bloor Street United Church
300 Bloor St. W. (music room)
(Spadina Subway)

7:30 PM / Speaker / Discussion
SCARBOROUGH SERENITY Group
Conko United Church
398 Kennedy Rd. (S.W. corner of
Danforth Rd. and Kennedy Rd.)

9:00 PM / Speaker 
NATURALLY HIGH PARK Group
St. Martin's-In-The-Field Church
151 Glenlake Avenue
(1 north of Bloor, east of Keele)

SATURDAY

12:00 PM / Big Book Discussion
SATURDAY NOON Group
Trinity St. Paul's Centre
427 Bloor St. West (Garden Room)
(West of Spadina subway)

8:00 PM/ Speaker 
Saturday Night Live - Staying Alive
Walmer Road Baptist Church
188 Lowther Ave.
(North of Bloor, 1 west of Spadina)



SATURDAY (Continued)

11:00 PM / Big Book Discussion
MIDNIGHT MADNESS Group
Alano Club
740 Broadview Ave.
**S.W. corner of Broadview &
Danforth**

BARRIE

WEDNESDAY

8:00 PM / Discussion
THE SIMCOE Group
Burton Avenue United Church
37 Burton Ave. (in basement)
(1 block from Essa Rd.)

THURSDAY

8:15 PM / Closed Big Book Study
THE FIRST STEP Group
Collier Street United Church
112 Collier Street, Room L3

BRAMPTON

SUNDAY
1:30 PM / Step Discussion
STARTING FRESH Group
Peel Chemical Withdrawal Centre
135 McLaughlin
(South of Queen)

WEDNESDAY
8:00 PM / Big Book Discussion
STEPS TO GRACE Group
Grace United Church
156 Main St. N.

FRIDAY

8:00 PM / Big Book Discussion
STEPS TO GRACE Group
Grace United Church
156 Main St. N.

CHATHAM

WEDNESDAY

8:00 PM / Big Book Study
4th Dimension Group
St Andrew's United Church
85 William St SOUTH

GUELPH

TUESDAY

7:30 PM/ Big Book Discussion
TYPE 3 Group
St. George's Church
99 Woolwich St.

THURSDAY


7:30 PM / Big Book Discussion
THE SOLUTION
Homewood Health Center/ Basement
150 Delhi St – Room d/e

HAMILTON


MONDAY


7:30 PM / Discussion 
RECOVERING TOGETHER Group
St. Giles Church
679 Main Street East,(at Holton)
Hwy #403 to Main Street East exit

TUESDAY


8:15 PM / Discussion 
AFTER EIGHT Group
1353 Main ST. East (Opposite Rankins)

WEDNESDAY


7:00 PM / Discussion 
CLEAN START Group
(Women Only)
Womenkind Addiction Services
431 Whitney Ave. @ Main West

7:00 PM / Big Book Discussion 
12 STEP SOLUTION Group
Jamesville Community Centre
209 McNab St. N.

THURSDAY


7:30 PM / Discussion 
FIRST HAMILTON Group
St. Giles Church
679 Main Street East,(at Holton)
Hwy #403 to Main Street East exit

FRIDAY

8:15 PM / Discussion 
AFTER EIGHT Group
1353 Main ST. East (Opposite Rankins)

KITCHENER

MONDAY

7:00 PM/ Open Discussion 
SPIRITUAL PRINCIPLES Group
CMHA/ Waterloo Region Self-Help
67 King St E. (Enter side door on
Benton Street): Elevator (B)
Downstairs, Rm B107

MISSISSAUGA

SUNDAY

7:00 PM/ Speaker/Discussion
4TH DIMENSION Group
Trinity Anglican Church
26 Stavebank Rd., Port Credit
(North of Lakeshore Rd.)

LONDON

MONDAY

7:00 PM / Big Book
THE WAY OUT
Salvation Army Center of Hope (Scotia room)
281 Wellington St.

TUESDAY

10:00 AM/ Big Book Discussion
A Fresh Start Group
Ark Aid Steet Mission
696 Dundas St E

WEDNESDAY - 8:00 PM/ Big Book
SATURDAY – 11:30 AM/ Big Book
London HOW
Street Connection
258 Horton Street East

THURSDAY

7:00 PM – Big Book
HAM & EGGS SPIRITUAL EXPERIENCE
Egerton Baptist Church
(NW Corner of Hamilton & Egerton)
209 Egerton Street

OAKVILLE

TUESDAY

8:00 PM
JOY IN RECOVERY Group
St. Paul's United Church
454 Rebecca St
(east of 4th line, south side, beside YMCA)

NEWMARKET

THURSDAY

8:30 PM / Big Book Study
HOW IT WORKS
Trinity United Church (downstairs)
461 Park Ave.

OSHAWA

SATURDAY

10:30 AM / Big Book Discussion
THE VISION Group
Pinewood Centre
300 Centre Street South

PICKERING

TUESDAY

7:30 PM / Big Book
NO ROCK on BROCK Group
Pickering Village United Church
300 Church Street North

RICHMOND HILL

WEDNESDAY

8:30 PM / Big Book Discussion
SATURDAY
8:00 PM / Speaker / Discussion

A SPIRITUAL EXPERIENCE Group
10350 Yonge St- Suite #401 (at Crosby)
Meeting Room – Suite #004

THORNHILL

WEDNESDAY

8:00 PM / Big Book Discussion

*LIVING CLEAN GROUP of CA
Jac's place North
1118 Centre Street, Unit 13
(At Bathurst, behind Coffee Time)*

MEETINGS


**CONTINUED
ON FLIP SIDE**

ST. CATHARINES

MONDAY

7:30 PM / Discussion 
COURAGE TO CHANGE Group
St. Barnabus Church
33 Queenston Street


TUESDAY

8:00 PM / Discussion 
CLEAN ON QUEEN Group
Queen St. Baptist Church
57 Queen Street

WEDNESDAY

8:00 PM/ **Open Speaker meeting**
BEST IS YET TO COME
Grantham United Church
469 Grahtham Ave


THURSDAY

7:30 PM / Discussion 
1st NIAGARA Group
St. Barnabus Church
33 Queenston Street

FRIDAY

7:30 PM / Q & A 
Speaker meeting last Friday of the month
HOW IT WORKS Group
Queen St. Baptist Church
57 Queen Street

SATURDAY

8:00 PM / **Big Book** 
DESPERATE DESIRE Group
Westview Church
124 Queenston Street

WINDSOR

SATURDAY

7:00 PM / **Big Book** /
+ **Speaker (1st Sat. month)**
HOUSE of MIRACLES Group
St. Paul's United Church
973 Pillette (side Door)

Area Service Meeting

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

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.

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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.

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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.

NAME

PHONE

Meetings do change, for updates please check
<http://www.ca-on.org> or 1-866-6-CA-INFO

MEETING PAMPHLET

January 2012

SOUTHERN ONTARIO AREA COCAINE ANONYMOUS

33 Hazelton Ave.,
Box # 148
Toronto, ON. M5R 2E3



TELEPHONE
1-866-6-CA-INFO
1-866-622-4636
416-927-7858

WEBSITE:
<http://www.ca-on.org>

CA ONLINE MEETINGS
To join go to :
www.ca-online.org