



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 Book / 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)

8:00 PM / Big Book Speaker/ Discussion
HOPE FOR THE HOPELESS VARIETY
Alano Club, Main Floor
740 Broadview at Danforth Ave. (2nd flr)

MONDAY

7:30 PM / 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 / Big Book Discussion
SIMPLE MINDS Group
Bloor Street United Church
300 Bloor St. W. (Lower Club Room)
(Spadina or St. George Subway)

8:00 PM / Speaker/Discussion
NORTH YORK Group
Faith Worship Centre
80 Regent Road (Dufferin & Wilson)

WEDNESDAY

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)


8:00 PM /Big Book Discussion 
ROCK BOTTOM Group
St. George Anglican Church
3675 St. Clair Ave. East
(1 blk N. of Kingston Rd.)


8:00 PM / Big Book Speaker/Discussion
HOPE FOR THE HOPELESS VARIETY
Alano Club, Main Floor
740 Broadview at Danforth Ave. (2nd flr)

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)

THURSDAY (Continued)

7:00 PM / 12+12- / Big Book 
THE REBEL Group
St. Stephen's Community Centre
260 Augusta Ave.
(room 003 in the basement)


7:00 PM / Big Book / 
+ **Tradition** (last Thurs. of the month)
FREEDOM Group
Community Centre 55
97 Main St.
(1 south of Gerrard St.)

7:00 PM / 12 Step Speaker/Discussion
ALL OUR AFFAIRS Group
Bloor St. United Church
300 Bloor Street W. , Room 31
(east of Spadina subway station)

FRIDAY


7: 30 PM/ Big Book /Speaker
/Discussion
THE BIG BOOK Group
Bloor Street United Church
300 Bloor St. W. (entrance at rear)
(Spadina or St. George 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 Group
Walmer Road Baptist Church
188 Lowther Ave.
(North of Bloor, 1 west of Spadina)

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.)

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.

CAMBRIDGE

TUESDAY & FRIDAY

7:30 PM / Discussion
BRIDGES TO RECOVERY Group
Simcoe House
159 Ainslie St. North


DURHAM

FRIDAY


8:00 PM / Open
ROAD TO RECOVERY Group
Durham Baptist Church
106 Elgin St. South

HAMILTON


SUNDAY

7:00 PM / Big Book Discussion 
SECOND HAMILTON Group
Olive Branch Ministries
195 Rebecca St. @ Ferguson


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.

7:30 PM / Speaker / Discussion 
HOPE FAITH & COURAGE Group
Church of The Ascension
65 Charlton Avenue @ John Street
(opposite St. Joseph's Hospital)


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)

SATURDAY

7:00 PM/ Speaker 
RECOVERY IN MOTION Group
The Downtown YMCA
79 James St. S. @ Jackson
(1 block south of Main.)

MISSISSAUGA

SUNDAY

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

LONDON

MONDAY – 8:00 PM/Big Book

London HOW
St. Joseph's Hospital, Grosvenor St. Entrance
Hession Room – 2nd floor

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

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)

THURSDAY

7:00 PM /Step 1
The Redwood Square Meeting Group
Salvation Army Halton Lighthouse
750 Redwood Square

ORANGEVILLE

FRIDAY

7:00 PM / Discussion
FREEDOM FROM ADDICTION Group
Westminster Church
247 Broadway Ave.

OSHAWA

TUESDAY

8:30 PM / Big Book Discussion/
+ **Open Speaker** (1st Tues. of month)
THE VISION Group
St. Stephen's Church
1360 Simcoe St

PETERBOROUGH

FRIDAY

7:30 PM / Speaker/Discussion
NOTHING ELSE WORKED Group
Mark United Church
90 Hunter St. (East City)

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
10454 Yonge St. (at Steps Place)
(3 blocks south of Elgin Mills)


MEETINGS

CONTINUED
ON FLIP SIDE




ST. CATHARINES


MONDAY

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


TUESDAY

7:30 PM / Discussion 
CLEAN ON QUEEN Group
Queen St. Baptist Church
57 Queen Street


THURSDAY

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

FRIDAY

7:30 PM / Discussion 
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

JULY 2010

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

+
Toronto Early Recovery Online Group
www.earlyrecovery.ca