

Ontario Meetings

KEY: X = Wheelchair accessible

GUELPH Tuesdays 7:00 – 8:30 PM

Homewood Health Centre
150 Delhi Street - McKinnon Room F
Contact: Alex (226) 486-1213

HAMILTON Wednesdays 6:00 PM

"New Hope Ladies" – Women Only Meeting
Contact Diane: 905-570-7479
Email: newhopeladies@gmail.com

HAMILTON X Fridays 7:00 – 9:00 PM

"Hope to Freedom Group"
Linden Park Community Church
484 East 16th Street (off Mohawk)
(289) 639-9982 – Leave Message

HUNTSVILLE Saturdays 10 – 11 AM

"Northern Freedom", Trinity United Church,
33 Main St E., (Art Room) Enter at church side
entrance off west street and go to basement.
Contact: Steve K 705-571-3004.
northernfreedom24@gmail.com

KITCHENER Sundays 7:00 PM

St. Mark's Lutheran Church,
825 King Street West
(Door off Green Street – basement)
Contact: Judy 519-745-6716

NIAGARA FALLS Mondays 7:00 PM

"Welcome Home Group"
Queensway Free Methodist Church
4397 Dorchester Road. Room to be posted.
Canadian Contact: Alan (416) 616-5112
US Contact: Andy (716) 812-6145

OTTAWA Fridays 7:00 – 8:30 PM

"Helpless No More"
Sandy Hill Community Centre
250 Somerset East
(Two blocks east of King Edward St.)

PETERBOROUGH Wednesdays 7:00 PM

George St. United Church
543 George St. North
Contact Mike 705-768-0376

SARNIA Mondays 7:30 PM

Lighthouse Church
152 Parker Street (Corner of Nelson & Parker)

GTA Meetings

AJAX Sundays 10:00 AM

The Durham Recovery Group
Hope Community Church
35 Kings Crescent, Ajax
Contact: 416-254-6623,
eternallygratefull@yahoo.ca

BRAMPTON Saturdays 9:00 AM

"Saturday Morning Serenity Group"
St. Andrew's Presbyterian Church
44 Church Street East (Room 215)
Contact: Jim 647-223-2265

HOLLAND LANDING Thursdays 7:30 PM

"Emmanuel Group", Southdown Institute
18798 Old Yonge Street (North on Yonge St.
two lights north of Green Lane turn right then
right again onto Old Yonge)
Contact: Marc M. marcm@interlog.com

OAKVILLE X Sundays 7:00 – 8:30 PM

Maple Grove United Church
Upper Room East – 2nd Floor
346 Maple Grove Drive, Oakville (Men Only)
Contact: Chris (905) 617-3217
slaaooakvilleunited@yahoo.ca

PICKERING Wednesdays 7:30 – 9:00 PM

Manresa Manor House (Fireside Dining Room)
2325 Liverpool Road (North end of street)
Parking only in the main lot
Meeting not held during July and August
Contact: John 416-254-6623

ROCKWOOD Wednesdays 7:00 – 8:30 PM

"World Famous Group" – Men Only
St. John's Anglican
114 Main Street South, Rockwood

Toronto and Scarborough

SCARBOROUGH Sundays 8:30 – 9:45 AM

"Sunday Morning Big Book Muckers Meeting"
Bellwood Health Services (rear entrance)
1020 McNicoll Av, Scarborough
Contact: 416-587-9169
Contact email: vermimiehl@gmail.com

SCARBOROUGH Sundays 10:00 – 11:30 AM

Bellwood Health Services room LL 5
1020 McNicoll Av, Scarborough
Contact: John 416-254-6623

TORONTO X Sundays 2:30 PM

"The Dignity of Self Group"
Church Street Community Centre
519 Church Street
(Check board in Lobby for assigned Room)

TORONTO Mondays 12:15 PM

"The Solution Group", Bloor St. United Church
300 Bloor Street West (in the Board Room)
Enter from the Huron St. parking lot entrance

TORONTO X Mondays 7:00 – 8:00 PM

Our Lady of Lourdes R.C. Church
11 Earl Street (parking & entrance at rear)
1 block north of Sherbourne & Wellesley
Contact: Barry 416-364-5127

TORONTO Tuesdays 12:15 – 1:15 PM

"Facing Codependence in SLAA", Bloor St.
United Church 300 Bloor Street West (in the
Board Room) Enter from the Huron St. parking
lot entrance.

TORONTO X Tuesdays 7:00 – 8:30 PM

"New Freedom Group", Church of St. Leonard,
25 Wanless Avenue, North York, 2 blocks N of
Lawrence TTC – East of Yonge. Meet in lounge
or chapel; speaker meeting on 2nd Tuesday of
each month. look for the "Augustine Fellowship"
sign posted on the meeting room door.

TORONTO Tuesdays 8:00 – 9:00 PM

"Degrassi Group", St. Ann's Parish Church
Gerrard St. E at De Grassi St., 2 blocks east
of Broadview. Enter church at side door on
De Grassi. Downstairs. Weekly discussion. 4th
Tue meditation. 5th Tue Speaker.

TORONTO Wednesdays 12:15 PM

Bloor Street United Church
300 Bloor Street W., meet in boardroom
Enter from the Huron St. parking lot entrance

TORONTO Thursdays 12:15 PM

"Living in the Solution Group"
Bloor Street United Church
300 Bloor Street West (Board Room)
Enter from the Huron St. parking lot entrance

TORONTO Thursdays 7:30 – 8:30 PM

"The Reaching Out Anorexia Focus Group"
Holy Rosary Parish Hall
356 St. Clair Street West, 2nd Floor, Room 5
(2 blocks east of Bathurst, next to Loblaw's)
Contact: Justin, 647-216-3564

TORONTO Fridays 12:15 PM

"Building Healthy Relationships"
Bloor St. United Church
300 Bloor Street West (in the Board Room)
Focus: love, romance & relationship addiction

TORONTO Fridays 6:00 – 7:00 PM

Bloor Street United Church
300 Bloor Street West (Music Room)
Enter from the Huron St. parking lot entrance
(Includes getting current, love & relationship
focus, & step focus)

TORONTO X Saturdays 5:00 – 6:15 PM

St. Michael's Hospital – Victoria St. Entrance
Common Conference Room 6002
(6th floor, via Cardinal Carter south elevators)
Meditation on 2nd & 4th Saturday of each month

Revised: January 16, 2016

To maintain anonymity, Ontario S.L.A.A. meetings
are **closed meetings** restricted to sex and love
addicts or newcomers who think they may be sex
and love addicts.

FOR THE LATEST VERSION OF THIS MEETING
LIST VISIT: www.slaa-ontario.org

The 12 Characteristics of Sex & Love Addicts

1. Having few healthy boundaries, we became sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, fear and envy. We use sex or emotional dependence as substitutes for nurturing, care and support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.
12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.

Learning about Recovery

The following list of terms is from the S.L.A.A. Fellowship Wide Services website.

Abstinence
Acting Out
Anorexia
Bottom-Line Behaviours
Boundaries
Cross-talk
Group Conscience
Inventory or "Moral" Inventory
Isolation
S.L.A.A. Member
Sobriety
Sobriety Date
Sponsor
Trigger
Withdrawal
13th-Stepping
Open Meeting
Closed Meeting

For more about the language of S.L.A.A. recovery, see www.slaafws.org/slaaterms

The Promises of S.L.A.A.

"Now we were truly feeling some sense of deep release from the past! We were free of much guilt for our misdeeds, from the shame of having fallen short of our inner values. In many instances, the values we had thought were ours had turned out to be someone else's. We had shed or changed these to allow the seeds of our own personal wholeness to take root and grow. We were indeed living new, positive, unfolding lives. Whether in partnership with others or in solitude, we had truly been granted a spiritual release from our sex and love addiction. While vigilance was still important, the choices we had to make now seemed easier. We felt increasing confidence in our developing relationship with God, and were full participants in the fellowship of S.L.A.A. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self." - From the Basic Text pages 95-96.

Tradition 3

The only requirement for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. Any 2 or more persons gathered together for mutual aid in recovering from sex & love addiction may call themselves an S.L.A.A. group, provided that as a group they have no other affiliation.

The following is from the Preamble of S.L.A.A.:

Sex and Love Addicts Anonymous is a Twelve Step, Twelve Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for S.L.A.A. membership is a desire to stop living out a pattern of sex and love addiction. S.L.A.A. is supported entirely through the contributions of its membership and is free to all who need it. To counter the destructive consequences of sex and love addiction, we draw on five major resources:

1. **Sobriety.** Our willingness to stop acting out in our own personal bottom-line addictive behavior on a daily basis.
2. **Sponsorship / Meetings.** Our capacity to reach out for the supportive fellowship within S.L.A.A.
3. **Steps.** Our practice of the Twelve Step program of recovery to achieve sexual and emotional sobriety.
4. **Service.** Our giving back to the S.L.A.A. community what we continue to freely receive.
5. **Spirituality.** Our developing a relationship with a Power greater than ourselves which can guide and sustain us in recovery.

As a fellowship S.L.A.A. has no opinion on outside issues and seeks no controversy. S.L.A.A. is not affiliated with any other organizations, movements or causes, either religious or secular. We are, however, united in a common focus: dealing with our addictive sexual and emotional behavior. We find a common denominator in our obsessive/compulsive patterns, which transcends any personal differences of sexual orientation or gender identity. We need protect with special care the anonymity of every S.L.A.A. member. Additionally we try to avoid drawing undue attention to S.L.A.A. as a whole from the public media.

Note: S.L.A.A. meetings are "closed meetings", restricted to sex and love addicts (or those who think they may be sex and love addicts, i.e. "newcomers").

Ontario S.L.A.A. Intergroup

A meeting of group representatives meets on the last Thursday of each month at St. Michael's Hospital at 30 Bond Street in Toronto (7:00 PM, Room 2-008 Victoria Street Entrance). In the spirit of service, please appoint a group representative and be active in Intergroup.

Ontario S.L.A.A. Messageline:
416-486-8201

e-mail: info@slaa-ontario.org

Please leave a message.

A volunteer will return your call or email.

Ontario S.L.A.A. Address:

For information, comments, or changes to the meeting list:

S.L.A.A.

473 Church Street, Suite 122
Toronto, ON M4Y 2C5



E-mail literature orders to: slaa_ont_lit@gmail.com

S.L.A.A. Ontario Website: www.slaa-ontario.org

Ontario S.L.A.A. Intergroup is affiliated with:

The Augustine Fellowship Sex and Love Addicts Anonymous Fellowship-Wide Services, Inc.

1550 NE Loop 410, Suite 118,

San Antonio, TX 78209

Tel.: 210-828-7900 Fax: 210-828-7922

Contact FWS: www.slaafws.org/contactfws

The 12 Steps of S.L.A.A.

1. We admitted we were powerless over sex and love addiction – 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 God.
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 God to remove our shortcomings.
8. Made a list of all persons 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 a personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a power greater than ourselves, praying only for knowledge of God's 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 sex and love addicts, and to practice these principles in all areas of our lives.