

Meetings Outside GTA

- HAMILTON X Fridays 7:00 PM**
 "Hope to Freedom Group"
 Linden Park Community Church
 484 East 16th Street off Mohawk
 Contact: Lisa 905-547-6023
- KITCHENER Sundays 7:00 PM**
 St. Mark's Lutheran Church,
 825 King Street West
 (Door off Green Street – basement)
 Contact: Judy 519-745-6716
- KINGSTON Tues 12:00 PM**
 Women's only meeting
 99 York Street
 Contact: Colleen 613-634-6334
- LONDON Fridays 7:00 PM**
 Wellington Street United Church
 Corner Wellington & Grey
 (Door locked at 7:00 pm)
 Contact: John 519-675-3725
- OTTAWA Mondays 7:00 – 8:30 PM**
 Women's only meeting
 Location rotates
 Contact: Anny 613-592-7165
- OTTAWA Fridays 6:30 – 8:00 PM**
 "Helpless No More"
 Sandy Hill Community Centre
 250 Somerset East
 (Two blocks east of King Edward St.,
 Near University of Ottawa)
- PETERBOROUGH Wednesdays 7:00 PM**
 Knox United Church
 400 Wolfe Street
 Contract Pat W. 705-745-8532
- ST. CATHARINES Thursdays 7:00 PM**
 "Welcome Home Group"
 St. Catharines General Hospital
 142 Queenston Street, Room Moore 3
 Contact: Paul 905-380-7204

Toronto Area Meetings

- TORONTO Mondays 12:15 PM**
 "The Solution Group"
 Bloor Street United Church
 300 Bloor Street West (in the Board Room)
 Enter from the Huron St. parking lot entrance
 Reading and Sharing Meeting
- TORONTO X Mondays 7:00 – 8:30 PM**
 Our Lady of Lourdes R.C. Church
 11 Earl Street (parking & entrance at rear)
 1 block north of Sherbourne & Wellesley
 Speaker Meeting on last Monday of month
 Contact: Barry 416-364-5127
- 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
 Free parking at Church and on local streets
 (In the lounge, Speaker Meeting on 3rd
 Tuesday of month in the chapel)
- TORONTO Wednesdays 12:15 PM**
 Bloor Street United Church
 300 Bloor Street West (in the Music Room)
 Enter from the Huron St. parking lot entrance
- ROCKWOOD Wednesdays 7:00 – 8:30 PM**
 St. John's Anglican Men's only Meeting
 114 Main Street South, Rockwood
 Contact: Jim B. 905-318-9889
- BURLINGTON Wednesdays 7:00 – 8:30 PM**
 "The Men's Compass Group" – Men Only
 Compass Point Bible Church
 1500 Kerns Road, Burlington
 Room 206 (down the hall from the library)
 Contact: Jason 905-971-6635 or
 Rob 905-399-2103

FOR THE MOST UPDATED VERSION OF THIS
 MEETING LIST PLEASE VISIT OUR SLAA Ontario
 Website: www.slaa-ontario.org

- OAKVILLE Wednesdays 7:30 PM**
 Maple Grove United Church
 346 Maple Grove Drive, Oakville
 South of Devon Road (Enter from parking lot)
 Contact: Andrew 416-407-8689
- PICKERING Wednesdays 8:00 – 9:30 PM**
 Manresa Manor House
 2325 Liverpool Road (North end of street)
 (Fireside Dining Room in the Manor House -
 1st floor – Parking only in the main lot)
 Speaker Meeting on 1st Wednesday of month
Contact: John 416-254-6623
- 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
- AURORA Thursdays 7:15 PM**
 "Emmanuel Group"
 Southdown Center
 1335 St. John's Side Road, Aurora
 (For religious and clergy, will accept others on
 request)
 Contact: Colin 905-727-4214
- BARRIE X Fridays 12:00 PM**
 Women's only meeting
 Barrie Free Methodist Church
 290 Cundles Road East
 Contact: Barbara 705-739-4150
- 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)
 Contact: Bruce 416-425-5654

Most SLAA meetings are "closed meetings",
 restricted to sex and love addicts (or those who think
 they may be sex and love addicts, i.e. "newcomers").,
 unless designated as an "open meeting".

- BRAMPTON Saturdays 9:00 AM**
 "Saturday Morning Serenity Group"
 St. Andrew's Presbyterian Church
 44 Church Street East @ Union Street
 (Toddler Room)
 Contact: Jim 647-223-2265
- TORONTO X Saturdays 5:30 – 6:45 PM**
 St. Michael's Hospital – Victoria St. Entrance
 Common Conference Room 6002
 (6th floor, via Cardinal Carter south elevators –
 across from gift shop)
- BRAMPTON Saturdays 7:00 PM**
 "Polish Speaking Meeting"
 St. Andrew's Presbyterian Church
 44 Church Street East @ Union Street
 (Toddler Room)
 Contact: Roman 416-804-3405
www.slaa.pl (Polish SLAA website)
- PICKERING Sundays 10:00 AM**
 Manresa Retreat Centre - LaStorta
 2325 Liverpool Road (North end of street)
 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)
- OAKVILLE Sundays 7:00 – 8:30 PM**
 St. Andrew's Church Men's only Meeting
 47 Reynold Street South, Oakville
 Contact: Peter 905-844-7242
- TORONTO X Sundays 7:15 PM**
 Bellwood Health Services
 1020 McNicoll, Scarborough
 Victoria Park, North of Finch
 (North parking lot, Lower Level – room LL 3)

X - Wheelchair accessible
Revised: April 22, 2009

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.

Tools that Help Recovery

Meetings – where we share our experience, strength and hope with each other to better understand our common problem and work together towards the solution.

Telephone – our meeting between meetings. By making contact with others, we begin to break out of the isolation that is so strong an element of the disease.

Sponsorship – two people with the similar problems helping each other to work the program. It can provide a framework for a recovery plan and for doing the 12-Steps, and bring emotional support at difficult times.

Literature – a portable program. We use our basic text, Sex and Love Addicts Anonymous, The Journal and the pamphlets produced by Fellowship Wide Services. The book Alcoholics Anonymous and the 12-Steps and 12-Traditions are also recommended reading.

12-Steps – a guiding program of Recovery based on the 12-Steps of Alcoholics Anonymous.

Prayer and Meditation – a means of establishing conscious contact with a Power greater than ourselves for spiritual healing.

Recovery Plan – having a pre-determined way of expressing our sexuality consistent with our values, so that even when confused, we have a written guideline to help us.

Withdrawal – (partial or total). We get support in SLAA by abstaining from behavior, people, places or things that we consider harmful. Without abstinence, recovery is impossible.

Relationships – a way of changing the instant gratification habit and of getting to know more about ourselves and another person before committing ourselves to any sexual decisions.

Slogans – simple statements that can be used in crisis situations to give some basic guidelines.

Service – a way of helping ourselves by helping others.

Promises - SLAA Basic Text – pages 95-96

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 SLAA. We enjoyed solitude and were unafraid of honesty and openness with others. We could comprehend what it means to have dignity of self.

Tradition 3: The only requirement for SLAA 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 SLAA group, provided that as a group they have not other affiliation.

Sex & Love Addicts Anonymous is a 12-Step, 12-Tradition oriented fellowship based on the model pioneered by Alcoholics Anonymous. The only qualification for SLAA membership is a desire to stop living out a pattern of sex and love addiction. SLAA is supported entirely through contributions of its membership, and is free to all that 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 SLAA.
3. **Steps.** Our practice of the 12-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, SLAA has no opinion on outside issues and seeks no controversy. SLAA 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 renders any personal differences of sexual or gender orientation irrelevant. We need protect with special care the anonymity of every SLAA member. Additionally, we try to avoid drawing undue attention to SLAA as a whole from the public media.

Note: SLAA meetings are “closed meetings”, restricted to sex and love addicts (or those who think they may be sex and love addicts, i.e. “newcomers”). If the meeting is designated as an “open meeting” it can be attended by family members, friends or significant others of addicts.

Ontario SLAA Intergroup

A meeting of group representatives meets on the last Sunday of each month at Toronto Central YMCA, 20 Grosvenor St. (12:30 PM, 3rd Floor). In the spirit of service, please appoint a group representative and be active in Intergroup.

Ontario SLAA –“Messageline” 416-486-8201 or TOLL FREE 1-877-486-8201 (Ontario only) or e-mail: info@slaa-ontario.org

Please leave a message, a volunteer will return your call or e-mail.

Ontario SLAA Address: For information, comments, or changes to the meeting list, please mail:

SLAA
300 Coxwell Ave., Box 22514
Toronto, ON M4L 2A0



E-mail literature orders to:
slaa.ont.lit@gmail.com

SLAA Ontario Website: www.slaa-ontario.org

Ontario SLAA Intergroup is affiliated with:

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

1550 NE Loop 410, Ste 118,
San Antonio, TX 78209
Tel.: 210-828-7900 Fax: 210-828-7922

E-mail: slaafws@aol.com / www.slaafws.org

The 12-Steps of SLAA

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.