

Where to find Meetings



April 2017

www.ca-london.org.uk

www.cauk.org.uk

www.centralukca.co.uk

Helpline: 0800 612 0225

CAUK Talbot House
204-226 Imperial Drive, Rayners Lane Harrow,
London, HA2 7HH

PLEASE HELP US TO CARRY AN ACCURATE MESSAGE

The information we give can only be as accurate as the information you supply us with. Please let us know if any meetings have closed, changed venue or time, or if any new meetings have opened, as well as updated contact numbers.

How to change meeting details email: wtf@cauk.org.uk

This meeting list is updated every three months. Please confirm with the Helpline or check the website for frequently updated meetings lists.

If you have a problem with cocaine or other mind altering substances and wish to find out more about Cocaine Anonymous please email: wtf@cauk.org.uk

If you're a member of the public, media, press or professional community and wish to find out more about CA please email: pi@cauk.org.uk

To contact the H&I Committee please email: hi@cauk.org.uk

**Unless otherwise stated our meetings are OPEN to all.
CLOSED meetings are for addicts and those who think they may have a problem with drugs.**

WHAT IS COCAINE ANONYMOUS?

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so 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 other mind-altering substances.

There are no dues or fees for membership; we are fully 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.

*Reprinted and adapted with permission of A.A. Grapevine, Inc.

This list is CONFIDENTIAL. It is for persons needing to find C.A. meetings and is not to be used as a mailing list or for any other purpose.

WHO IS A C.A. MEMBER?

While the name “Cocaine Anonymous” may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. We have members who drank only on occasion, those who casually referred to themselves as drunks, and others who were full-blown alcoholics. Lots of us used a wide variety of mind-altering substances. Whether we focused on a specific substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop.

According to C.A.’s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Whatever you may have been using, if it led you to this meeting, you’re probably in the right place. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug; it is the disease of addiction.

It can be tempting to focus on our differences rather than our similarities, but this can blind us to potential sources of support in our recovery. As we hear other members’ stories, the most important question to ask ourselves is not, “Would I have partied with these people?” but rather, “Do these people have a solution that can help me stay sober?” We encourage you to stick around and listen with an open mind.

With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.’s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!

Approved Literature
Cocaine Anonymous World Services, Inc.
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BEDFORDSHIRE

Monday 1:00pm – 2:15pm	Luton LU1
'We Are Not A Glum Lot' Methodist Church Hall, Strathmore Avenue, Park Town, Luton, LU1 3NY	
Monday 7:30pm	Luton LU2
Friends Meeting House (Quakers) 28 Crawley Green Road, Luton, LU2 0QX	
	Train: Luton
Monday 7.30pm - 8.30pm	Leighton Buzzard LU7
'Pathway to Freedom' Salvation Army, Lammas Walk, Leighton Buzzard, LU7 1JA	
	Train: Leighton Buzzard
(Candlelit meeting - reading from the big book and share on the first Monday of the month)	
Tuesday 7:00pm - 8:15pm	Luton LU6
'Big Book Reading' St. Marys Church, 82 West Street, Dunstable, LU6 1NY	
Tuesday 7:30pm - 8:30pm	Luton LU2
Friends Meeting House (Quakers) 28 Crawley Green Road, Luton, LU2 0QX	
	Train: Luton
Wednesday 12:30pm - 1:30pm	Luton LU1
Park Town Community Centre, Bailey Street, Luton, LU1 3DU	
	Train: Luton Airport Parkway
Monday 10:30am – 11:30am	Luton LU1
'Quite Peace Morning Meditation' Methodist Church Hall, Strathmore Avenue, Park Town, Luton, LU1 3NY	
Thursday 7:00pm - 9:00pm	Bedford MK42
'Blazing the Trail to Recovery Primary Purpose Group' - Tradition 5 Meeting Weller Wing (lower dining hall), Bedford Hospital, Kempston Road, Bedford, MK42 9DJ	
	Train: Bedford St. Johns
(NHS property and has a no smoking perimeter. Child Friendly. Tea & coffee available 30 minutes before and after meeting. Pay & Display parking available)	

BEDFORDSHIRE (Cont.)

Friday 7:00pm - 8:00pm	Luton LU2
St. Mathew's Church, Wenlock Street, Luton, LU2 0NQ	Train: Luton
Saturday 7:00pm - 8:15pm	Luton LU2
'A New State of Consciousness' St. Mathew's Church, Wenlock Street, Luton, LU2 0NQ	Train: Luton
Sunday 7:00pm - 8:15pm	Luton LU2
Friends Meeting House (Quakers), 28 Crawley Green Road, Luton, LU2 0QX	Train: Luton

BERKSHIRE

Sunday 5:00pm - 6:30pm	Reading RG1
Big Book Study, 4 Waylen Street, Reading, RG1 7UR	
Monday 7:30pm - 8:30pm	Newbury RG14
'We Have Recovered Big Book Study Meeting' St. Nicholas Church Hall, West Mills, Newbury, RG14 5HG	Train: Newbury
Monday 8:00pm - 9:15pm	Bracknell RG12
St Josephs RC Church, Stanley Walk Bracknell, Berkshire RG12 1HA	
Tuesday 7:00pm - 8:15pm	Slough SL1
'Steps and Traditions' Turning Point. 1 Maple House. 95 High Street. Sough, Berkshire, SL1 1DH	Train: Slough Station.
Tuesday 8:00pm - 9:15 pm	Reading RG1
Greyfriars Church, Friar Street Reading, RG1 1EH	Train: Reading

BRISTOL

Monday 10:30am - 11:30am	Bristol BS2
'A Quiet Peace' Friends Meeting House, Champion Square, Bristol, BS2 9DB (Women's meeting - open & non restrictive)	

BRISTOL (Cont.)

Monday 7:00pm – 8.00pm	Bridgend CF31
Big Book Study – Ward 18 Prince of Wales Hospital Coity Road, Bridgend, CF31 1RQ	
Monday 7:30pm – 8.30pm	Central BS2
'Archway to Freedom' - Big Book Study Compass Centre, 1 Jamaica St, Kingsdown Bristol, BS2 8JR	
Tuesday 10:30am - 11:30am	Kingswood BS15
'One of Each' - Newcomers Big Book Study St. Michaels Church Hall, Two Mile Hill, Kingswood, BS15 1BQ	
	Bus: 42, 43
Tuesday 7:00pm - 8:30pm	Eastville BS5
'Freedom through Recovery' Methodist Centre, 119 -121 Fishponds Road, Eastville, Bristol, BS5 6PN	
	Bus: 4, 24, 48, 49
Wednesday 7:30pm - 8:30pm	Clifton BS8
Victoria Methodist Church, 1a Whiteladies Road, Clifton, Bristol, BS8 1NU	
Thursday 7:30pm – 9.00pm	Bridgend CF31
Big Book Study – Ward 18 Prince of Wales Hospital Coity Road, Bridgend, CF31 1RQ	
Thursday 8:00pm - 9.00pm	St. Paul's BS2
'Newcomers Meeting' St. Agnes Church, Thomas Street, St. Pauls, BS2 9LL (Candlelit Meeting)	
Friday 6:30pm - 7:45pm	Central BS6
'Living in the Solution' - Step & Tradition Study The Salvation Army, 6 Ashley Road Bristol, BS6 5NL	
Friday 7:00pm – 8:00pm	Plymouth PL4
'The Last Resort Group' Quaker House 74 Mutley Plain, Plymouth PL4 6LF	

BRISTOL (Cont.)

Saturday 09:00pm - 10:00pm

Bristol BS2

On Awakening, Step 11 Meditation

1 New Street.

Bristol BS2 9DX

Saturday 7:00pm – 8.15pm

Central BS2

'Band of Hope' - Share Meeting

Friends Meeting House,

Champion Square, Bristol, BS2 9DB

(The Meeting House is within walking distance of the Marlborough Street Bus Station -

Walk along Bond Street and turn left into Wellington Road. Alight at Penn Street or

Bond Street. Cross the main road by the footbridge)

Sunday 7:00pm - 8:15pm

Central BS2

'Tradition 5'

Friends Meeting House,

Champion Square, Bristol, BS2 9DB

BUCKINGHAMSHIRE

Monday 7:15pm – 8:30pm

Milton Keynes MK6

'Meet the Solution'

Eaglestone Community Centre

8 Harrier Court

Eaglestone

Milton Keynes MK65BZ

Tuesday 10:45am - 11:40am

Milton Keynes MK6

'The Road to Recovery' - Step Meeting

CRI Building, Cripps Lodge,

Netherfield, Milton Keynes, MK6 4JJ

Thursday 8:00pm - 9:30pm

High Wycombe HP11

Oasis House, George Street

Train - High Wycombe 15min walk

High Wycombe, Bucks, HP11 2RZ

Big book study with a chair last Thursday of the month,

use the rear door on Baker Street. Public car park on George Street.

CAMBRIDGESHIRE

Monday 7:00pm - 8:00pm Peterborough PE1

'A Quite Peace – Topics and Shares'
The Chapel, St Columbus Church (opposite John Lewis)
Downing Street, Cambridge, CB2 3HD

Thursday 7:30pm - 8:30pm Peterborough PE1

'Freedom to Live As Bill Sees It'
East Community Centre,
Padholme road, Peterborough PE1 5DR

CHESHIRE

Wednesday 7:30pm - 9:00pm Rock Ferry CH42

'Big Book Study Group'
St. Peters Church, St. Peters Road, Rock Ferry, CH42 1PY
Train: Rock Ferry

Wednesday 7:30pm - 9:00pm Northwich CW9

'Hope, Faith & Courage' - Big Book Study
The Old Council House, Church Road, Northwich, CW9 5PD
Train: Northwich

Sunday 4:30pm – 5:30pm Northwich CW9

'Step 11 Meeting'
The Old Council House, Church Road, Northwich, CW9 5PD
Train: Northwich

COUNTY DURHAM

Tuesday 7:30pm – 9:00pm Peterlee SR8

'Primary Purpose meeting'
St Cuthberts Church
Manor Way, Peterlee, County Durham, SR8 5QW

Wednesday 7:00pm - 8:00pm Durham DH1

North Road Methodist Church
North Road, Durham DH1 4SG

Thursday 7:30pm – 8:30pm Durham SR7

St Johns Church, Blandford Place
Seaham, County Durham, SR7 7SA

Saturday 6:30pm - 8:00pm Durham DH1

Primary Purpose
Antioch House
66 Crossgate, Durham DH1 4PR

DEVON

Wednesday 7:30pm – 8:30pm Newton Abbot TQ12

“Reaching Out” Avenue Methodist Church

The Avenue, Newton Abbot

Devon TQ12 2BY

Closed Meeting for addicts only

Train Newton Abbot 5 mins

Buses 66, 66b, 66d

(Open on request)

DORSET

Monday 7:30pm - 9:00pm

Poole BH15

(Doors Open 6:30pm) 'Closed Meeting'

(last meeting of the month is open to all)

'How It Works' Longfleet Baptist Church,

138 Wimborne Rd, Poole. BH15 2EX

Monday 7:45pm

Bournemouth BH1

'Closed Meeting'

'The Message' Upstairs at East Cliff United

Reform Church, 62 St Swithins Rd,

Bournemouth. BH1 3RG

Monday 8:00pm – 9:00pm Bournemouth BH7

'12 & 12 Meeting' Church of St Augustin, Parish Office

Wimborne Road, Bournemouth, BH2 6NU

'Closed Meeting' Open 7:30pm Buses – 5a from Bournemouth

Tuesday 1:00pm

Bournemouth BH1

'Open Meeting' 'Brighter Days' Bournespring Centre

Corner of St Marys Rd / Holdenhurst Rd,

Bournemouth. BH1 4QP

Tuesday 7:30pm - 8:30pm

Weymouth DT4

'Free At Last'

Westham Methodist Church, Milton Hall,

Milton Road, Weymouth, DT4 0AR

('Closed' meeting)

Train: Weymouth

Tuesday 7:45pm

Bournemouth BH1

'Open Meeting' 'Big Book Audio' The Hub,

Station Approach off Ashley Road , Bournemouth. BH1 4NB

Wednesday 7:00am

Boscombe BH1

Boscombe Youth Project, (log cabin in swing park)

Churchill Gardens, Boscombe, BH1 4HD

DORSET (Cont.)

Wednesday 7:45pm

Dorchester DT1

'Conscious Contact'
Dorchester Day Centre,
Acland Road, Dorchester, DT1 1SH

Train: Dorchester West

Wednesday 7:45pm

Christchurch BH23

'Closed Meeting'
(first meeting of month is open to all)
'4th Dimension' Tuckton New Church

At the junction of Tuckton Road and Carbery Avenue, BH6 3HT

Wednesday 7:45pm

Bournemouth BH1

'Closed Meeting'
'Design For Living' The Hub,
Station Approach off Ashley Rd, Bournemouth, BH1 4NB,
Buses - 1a, 1b, 1c, 2b, 2c, M1, M2, 25

Thursday 7:30pm - 8:45pm

Bournemouth BH1

'Rocket Big Book Study', East Cliff United Reform Church, 62 St
Swithins Rd,
Bournemouth. BH1 3RG

Closed Meeting'

Train: Bournemouth

Thursday 7:45pm

Ringwood BH24

'Open Meeting'
Ringwood Methodist Church, Upper Hall,
5 Christchurch Rd, Ringwood. BH24 1DG

Thursday 7:45pm

Bournemouth BH2

'Closed Meeting' (last meeting of the month is open to all)
'Power Hill', St Michaels Church,
Poole Hill, Bournemouth. BH2 5PW

Friday 7:45pm - 9:10pm

Bournemouth BH1

'Open Meeting'
'New Freedom' The Hub, Station Approach off Ashley Rd,
Bournemouth, BH1 4NB Buses - 1a, 1b, 1c, 2b, 2c, M1, M2, 25

Friday 8:00pm - 9:00pm

Christchurch BH23

(Doors open 7:30pm) 'Closed Meeting'

'Hope And Happiness'
Sommerford Arc, 20 Southey Rd,
Christchurch. BH23 3EH

DORSET (Cont.)

Saturday 9:30am – 11:30am **Bournemouth BH1**

'A Quite Peace Women's Meeting'

The Hub Station Approach, Ashley Road, Bournemouth, BH1 4NB

Saturday 6:45pm – 8:00pm **Bournemouth BH23**

'Choose Life' Book Study & Share

Baptist Church Hall, Beaconsfield Road

Bargates, Christchurch

Dorset BH23 1QT

(Closed meeting first 3 weeks / Open last Sat of the month)

ESSEX

Monday 7:30pm – 9:00pm **Harlow CM20**

'St Marys at Latton Church'

The Gowers, Harlow, Essex, CM20 2JP

Monday 7:30pm - 9:00pm **Brentwood CM14**

'Came To Believe'

Brentwood Methodist Church,

Warley Hill, Brentwood. Essex. CM14 5HA

Monday 7:30pm - 9:00pm **Chelmsford CM1**

'Newcomers Meeting'

Learning Centre, Cathedral Office,

Waterloo Lane, Chelmsford, CM1 1TY

Monday 8:00pm - 9:30pm **Waltham Abbey EN9**

'Primary Purpose'

Upshire Village Hall, Horseshoe Hill,

Upshire, Waltham Abbey, EN9 3SP

Tuesday 7:00pm - 8:15pm **Romford RM2**

'There is a Solution' St Michael & All Angel Church

Gidea Park, Main Road,

Romford, RM2 5EL

Train: Romford

Tuesday 7:00pm - 8:30pm **South Woodford E18**

'Women in Recovery'

Derby Road Methodist Church,

Derby Road, South Woodford, E18 2PU

ESSEX (Cont.)

Tuesday 7:30pm – 9:00pm	Stansted CM24
'Primary Purpose Meeting' Quaker Meeting House, 71 Chapel Hill, Stansted (Stansted Mount Fitchet) CM24 8AE	
Tuesday 7:30pm - 9:00pm	Loughton IG10
"How to Stop" Grosvenor Hall, Grosvenor Drive, Loughton, IG10 2LG	
Train: Loughton/Debden	
Tuesday 8:00 - 9:30pm	Billericay CM12
'Primary Purpose' Queens Park Community Centre, The Christian Link, Queens Park Avenue, Billericay, CM12 0UA	
Train: Billericay	
Wednesday 7:30pm – 9:00pm	Waltham Abbey EN9
'The Way' St Thomas More & St Edward, St Paul's Way, Rochford Ave, Waltham Abbey EN9 1SB	
Wednesday 7:30pm - 9:00pm	Chelmsford CM1
'Newcomers Meeting' Trinity Methodist Church, Rainsford Road, Chelmsford, CM1 2XB	
Train: Chelmsford	
Wednesday 7:30pm - 9:00pm	Chingford E4
'Our Primary Purpose' Ridgeway Church, The Ridgeway, Chingford, Essex, E4 6PU	
Train: Chingford	
Wednesday 7:30pm - 9:00pm	Harold Hill RM3
St. Georges Church, Chippenham Road, Harold Hill, Essex, RM3 8HX	
Thursday 7:00pm – 8:00pm	Colchester CO1
Into Action Step Meeting Open Road, 5 Queen St, Colchester, Essex, CO1 2PG	
Thursday 7:30pm - 8:45pm	Upminster RM14
'Spiritualized' Upminster Methodist Church, Hall Lane, Upminster, RM14 1AE	
Train/Tube: Upminster	
Thursday 7:30pm - 9:00	Barkingside IG6
"Into Action" Barkingside Methodist Church Freemantle Rd, Barkingside, Essex IG6 2AZ	
Friday 7:30pm	Basildon SS14
'We Can Recover' Reform Church, Honeyput Lane, Basildon, SS14 2JZ	

ESSEX (Cont.)

- Friday 7:30pm - 9:00pm** **Loughton IG10**
'The Retreat'
St. Mary's The Virgin Church, 201 High Road, Loughton, IG10 1BB (Opposite Wimpy) Tube: Loughton
-
- Friday 7:30pm - 9:00pm** **Harlow CM18**
'Our Primary Purpose' The Redeemer Lutheran Church
Bush Fair (off Tawneys Road) Harlow, CM18 6PN
-
- Friday 8:00pm - 9:10pm** **Chelmsford CM1**
'Big Book Meeting' Council Chambers, Springfield Parish Centre
St Augustine's Way, Springfield, Chelmsford CM1 6GX
-
- Saturday 7:00pm - 8:30pm** **Chadwell Heath RM6**
'One Day at a Time' Saints Chods Church Hall, Eric Road
Chadwell Heaty, Essex, RM6 6JB
(Non-smoking, Open meeting, Parking available, Wheel-chair access)
-
- Saturday 8:00am - 9:00am** **Buckhurst Hill IG9**
'Living for the Weekend' The Woodland Ctr, 2 Roding View
Buckhurst Hill, Essex, IG9 6AQ (corner Roding View Buckhurst hill)
-
- Sunday 3:00pm - 4:30pm** **Barking IG11**
Red Lion House, 38 George Street
Barking, IG11 8JD
-
- Sunday 6:00pm - 7:30pm** **Romford RM7**
Romford Roneo Corner YMCA, 29 Rush Green Road.
Romford, RM7 0PH Train: Romford. Tube: Barking
-
- Sunday 6:00pm - 7:15pm** **Billericay CM12**
'Hope Faith & Courage'
Queens Park Community Centre, The Christian Link, Queens Park Avenue, Billericay CM12 0UA Train: Billericay
-
- Sunday 7:00pm - 8:30pm** **South Woodford E18**
Methodist Church, Derby Road,
South Woodford, E18 2PU Tube: South Woodford
-
- Sunday 7:30pm - 9:00pm** **Clacton-on-Sea CO15**
Share Meeting
Open Road
132 Wellesley Road, Clacton-on-Sea, Essex CO15 3QD

GLOUCESTER

Tuesday 7:00pm – 8:30pm

Gloucester GL1

'The Precisely How We Recovered' Big Book Discussion Meeting

Gloucester United Reform Church

Park Road, GL1 1LS

(Non-smoking, Closed meeting, Wheel-chair access)

HAMPSHIRE

Monday 7:00pm - 9:00pm

Portsmouth PO1

'Into Action'

Trafalgar PI/Off Clive Rd

Portsmouth PO1 5JJ

Tuesday 7:30pm

Southampton SO17

St. Andrew's United Reform Church,

The Avenue, Southampton, SO17 1XQ

Tuesday 8:00pm – 9:15pm

Basingstoke RG21

London Street URC Church

London Street

Basingstoke, RG21 7NU (Nearby public parking charged at £1)

Tuesday 8:00pm – 9:15pm

Hampshire BH25

'A Vision for You' 30 Whitefield Rd,

New Milton, Hampshire. BH25 6DF

Wednesday 12:00pm - 1:00pm

Portsmouth PO2

'Big Book Step Study'

The Recovery Café,

67 Kingston Road,

Portsmouth, PO2 7DX

Thursday 7:30pm - 9:00pm

Portsmouth PO5

'Portsmouth Step Meeting'

The Community Centre,

Somerstown Central, River's Street,

Portsmouth, PO5 4EY

Thursday 7:45pm - 9:00pm

Ringwood BH24

Ringwood Methodist Church, Upper Hall,

5 Christchurch Road, Ringwood, BH24 1DG

HAMPSHIRE (Cont.)

Friday 7:30pm **Southampton SO15**

'Newcomers Meeting'
Quakers Meeting House,
Ordnance Road, Southampton, SO15 2AZ
('Closed Meeting' - Last meeting of the month is 'OPEN' to all)

Friday 7:45pm - 9:00pm **Portsmouth PO1**

'4th Friday Speaker Meeting'
St John's Cathedral,
Bishop Crispian Way. Train: Portsmouth & Southsea
Portsmouth, PO1 3HQ

Saturday 10:00 am - 11:00am **Fareham P016**

Avalon Centre, Fareham Health Centre, Civic Way,
Fareham, PO16 7ER

Saturday 7:00pm – 8:15pm **Portsmouth PO2**

'Happy, Joyous & Free'
Friends Meeting House, 25 Northwood Road
Hilsea, Portsmouth, PO2 9QT

Sunday 8:45am - 9:45am **Portsmouth PO3**

'Morning Meditation'
St Mary house, St Marys Road, Portsmouth, PO3 6BB

HERTFORDSHIRE

Monday 7:00pm - 8:00pm **Stevenage SG1**

"A Light in the Dark" Hampson Community Centre
Hampson Park, Webb Rise
Stevenage Hertfordshire, SG1 5QU

Monday 8:00pm – 9:30pm **Welwyn Garden City AL7**

"The Truth, The Light, The Way"
Hatfield Hyde cricket club, King George V playing field.
Beehive lane, Welwyn Garden City, AL7 4BP

Monday 8:00pm – 9.30pm **Watford WD18**

Church Hall, Holy Rood RC Church
Market Street, Watford, WD18 0PJ Tube: Watford High St.

Monday 8:00pm – 9.15pm **Hoddesdon EN11**

Hope in Hoddesdon
St Paul's Church, Pauls Lane,
Hoddesdon, Hertfordshire EN11 8TR

HERTFORDSHIRE (Cont.)

Tuesday 12:00pm - 1:00pm	Borehamwood WD6
Baptist Church, Drayton Road (off Furzehill road) Borehamwood, WD6 2DF Train Elstree & Borehamwood	
Tuesday 8:00pm - 9:00pm	Hertford SG13
'Archway to Freedom' - Step & Discussion Meeting The Fellowship Room, Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ Train: Hertford East	
Tuesday 8:00pm - 9:30pm	St. Albans AL1
'Sunlight of the Spirit' Vickers House, 222 London Road, St. Albans, AL1 1PN Train: St. Albans City	
Wednesday 7:30pm - 8:30pm	Stevenage SG1
'Hope Faith & Courage' Springfield House, High Street, Stevenage, SG1 3EJ	
Wednesday 8:00pm - 9:30pm	Watford WD17
'Experience, Strength & Hope' CRI Drug & Alcohol Recovery Service, 18 Station Road, Watford, WD17 1JU Train: Watford Junction (Entrance is at back of building, Road left of 'Flag pub', first left, parking available)	
Thursday 1:00pm - 2:00pm	Waltham Cross EN8
'Bridge to Normal Living' Spectrum Building Hughill House. Swanfield Road, Waltham Cross, EN8 7JR	
Thursday 7:30pm - 9:00pm	Hitchin SG5
Meditation Meeting, Westmill Community Centre Bingham Rd, Hitchin, SG5 2PG	
Thursday 7:45pm - 9:15pm	Borehamwood WD6
'Step 11 Meditation & Topic Share Meeting' Baptist Church, Drayton Road, (Off Furzehill Road), Borehamwood, WD6 2DF Train: Elstree & Borehamwood	
Thursday 8:00pm-9:15pm	Borehamwood WD6
'A quiet peace' Share and meditation Bapist Church, Drayton Road (off Furzehill road) Borehamwood, WD6 2DF	

HERTFORDSHIRE (Cont.)

Thursday 8:00pm - 9:30pm 'Out from Under' Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ	Hertford SG13 Train: Hertford East
Thursday 8:00pm - 9:30pm St. Martins House, 14 The Common, Hatfield, AL10 0UR	Hatfield AL10 Train: Hatfield
Friday 6:30pm - 7:30pm Christ Church, Junction off high street and trinity Lane, EN8 7ED	Waltham Cross EN8
Friday 7:30pm - 9:00pm 'Stevenage CA' Hampson Park Community Centre Webb Rise, Stevenage SG1 5QU	Stevenage SG1 Buses 2 or 3 to Pin Green
Friday 8:00pm - 9:30pm 'Step Meeting' CRI Drug & Alcohol Recovery Services, 18 Station Road, Watford, WD17 1JU (Entrance is at back of building, Road left of 'Flag pub', first left, parking available)	Watford WD17 Tube: Watford Junction
Saturday 9:00am - 10:00am 'Into Action' Sacred Heart Parish Centre, London Road Bushey, WD23 1BA	Bushey WD23
Saturday 8:30am - 10:30am 'Breakfast with the Boys' The Fellowship Room, Hertford Methodist Church, Ware Rd, Hertford, SG13 7DZA	Hertford SG13 Closed Non Restrictive
Saturday 11:00am - 12:30pm CRI Building, Armstrong House, Norton Road, Stevenage, SG1 2LX (No Children Allowed)	Stevenage SG1 Train: Stevenage
Saturday 6:00pm - 7:00pm Maxwell Park Community Centre, Maxwell Road, Borehamwood, WD6 1JJ	Borehamwood WD6

HERTFORDSHIRE (Cont.)

Saturday 7:30pm -9:00pm **Ware SG12**

'Ware it's At'

Rear of Christ Church,
New Road, (off High Street) Ware, SG12 7BU

Train: Ware

Sunday 11:30am – 1:00pm **Hertford SG13**

Prayer & Meditation, Spectrum CRI

Yeomans Court

Ware Road

Hertfordshire SG13 7HJ (NS, O, WC, P)

Train: Hertford East

Bus: 369, 724, 379, 341

Sunday 5:00pm - 6:00pm **Waltham Cross, EN8**

'Newcomers' Christ Church,

Junction off High Street & Trinity Lane, opp Theobalds Gove Train Station

Waltham Cross, EN8 7ED

Train: Theobalds Grove

KENT

Monday 7:30pm **Tonbridge TN9**

CRI Building, 133 High Street,
Tonbridge, TN9 1DH

Train: Tonbridge

Monday 7:30pm **Ashford TN23**

'Big Book Study'

St. Simons Church Hall (rear entrance),

Brookfield Road, Ashford, TN23 4EU

Monday 7:30pm **Bromley BR2**

'Newcomers Meeting'

Bromley Common Baptist church, Bloomfield Road,

Bromley Common, BR2 8PE.

Monday 7:30pm – 9:00pm **Bexleyheath DA6**

Sanctuary Nexus Building,

Entrance on Harcourt Rd 298 Broadway, Bexleyheath DA6 8AH

Tuesday 7:30pm – 8:45pm **Folkstone CT19**

Cheriton Baptist Church,

Cheriton Quedsted Road

Cheriton, Folkestone, CT19 4BY

Train Folkstone West

Tuesday 7:30pm - 9:00pm **Maidstone ME14**

'The Tradition 5 Meeting'

Trinity Foyer, 20 Church Street,

Maidstone, ME14 1LY

Train: Maidstone East

(child friendly)

KENT (Cont.)

Tuesday 8:00pm

Bromley BR2

Bromley Common Baptist Church,
Gravel Road, Bromley Common, BR2 8PE

Wednesday 7:30pm

Bromley BR1

St. Mary's Church, Plaistow,
61 College Road, Bromley, BR1 3QG

Train: Sunridge Park

Wednesday 7:30pm - 9:00pm

Canterbury CT1

The Umbrella Centre,
St Peters Place, Canterbury, CT1 2DB

Train: Canterbury East

Wednesday 7:30pm

Welling DA16

St. Stephens Church, Deepdene Road,
Welling, DA16 3QL

Train: Welling

Thursday 7:30pm – 9:00pm

Folkestone CT20

'Love and Tolerance' United Reform Church,
Castle Hill Avenue, Folkestone, CT20 2QL

Train: Folkestone Central

Thursday 7:00pm

Kent ME15

Mill House CRI, Mill Street,
Kent, ME15 6XH

Train: Maidstone West

Thursday 7:15pm – 8:15pm

Keston BR2

"What Next?" Keston Parish Church, Church Road
Keston, Kent BR2 6HT buses 246 / 320 / R2

Thursday 7:30pm

Hextable BR8

St. Peters Church, College Road,
Hextable, BR8 7RH (by car follow B258)

Thursday 7:30pm- 9:00pm

Bromley Common BR2

"Carry the Message" Book Study Bromley Common Baptist Church
,Gravel Road, Bromley Common BR2 8PE

Friday 7:00pm – 8.30pm

Bromley BR2

'Women's Meeting with Crèche' (Non-restrictive)
Bromley Common Baptist Church,
Gravel Road, Bromley Common, BR2 8PE

Friday 7:30pm - 9:00pm

Dartford DA1

'Newcomers There is a Solution'
Redeemed Christian Church, Vincents Road, Dartford, DA1 1XA

KENT (Cont.)

Friday 8:30pm	Bromley BR1
'Young Ones Meeting' (Non-restrictive) St Mary's Church, Plaistow Lane Bus: 314 61 College Road, Bromley BR1 3QG Train: Bromley North Rail	
Saturday 11:00am-12:30pm	Bexleyheath DA6
Sanctuary Nexus Building, Entrance on Harcourt Rd 298 Broadway, Bexleyheath DA6 8AH	
Saturday 12:15pm – 1:45pm	Maidstone ME14
'Share & Recovery Meeting' Trinity Foyer, 20 Church Street,.. Maidstone, ME14 1LY Train: Maidstone East,West & Barracks	
Saturday 7:30pm – 9:00pm	Bromley BR1
St Mary's Church, Plaistow Lane Bus: 314 61 College Road, Bromley BR1 3QG Train: Bromley North Rail	
Sunday 7:30pm	Bromley BR2
'Step Meeting' Hayes Free Church (United Reformed) 111 Pickhurst Lane, Bromley, BR2 7HU Train: Hayes	
Sunday 7:45pm - 9:15pm	Bexleyheath DA6
'We're Here and We're Free' United Reform Church (by the clock tower) Train: Bexleyheath Geddes Place, Bexleyheath, DA6 7DJ (Doors open at 7.15pm for fellowship)	
LANCASHIRE	
Monday 7:00pm – 8:00pm	Rochdale OL11
'We Have a Solution' Castlemere Community Centre 60 Tweedale Street, Rochdale OL11 1HH	
Tuesday 8:00pm - 9:00pm	Blackburn BB1
'Step Meeting' Nightsafe, The Boulevard Centre, Cathedral Quarter, 45 Railway Road, Train: Blackburn Blackburn, BB1 1EZ (Entrance around the back. Next to both Blackburn bus and rail stations)	
Wednesday 7:30pm – 9:00pm	Blackpool FY1
'There is a Solution' Spencer Court Off Talbot Road, Blackpool FY1 3TP	
Thursday 6:30pm – 7:30pm	Rochdale OL16
'We Have a Solution' Rochdale Town Hall The Esplanade, Rochdale OL16 1AB	

LINCOLNSHIRE

Sunday 7:00pm - 8:30pm

The Mind Centre, 50 Oole Road,
Cleethorpes, DN35 8LR

Cleethorpes DN35

Train: Cleethorpes

LONDON

Monday 5:45pm - 7:00pm

St. Olave's Church, 8 Hart Street,
EC3R 7NB

City EC3

Train: Fenchurch Street

Monday 6:30pm - 8:00pm

'Brixton Beginners'
Hudson House, 1 Stockwell Green,
(Landor Road) SW9 9JF

Stockwell SW9

Tube: Stockwell
Bus: 2, 196, 333, 345

Monday 6:45pm - 8:00pm

'Hope & Happiness in Holloway'
101 Seven Sisters Road,
Holloway, N7 7QP ** Not open on bank holidays **

Holloway N7

Tube: Arsenal
Bus: 41, 90

Monday 7:00pm - 8:00pm

(Open H&I meeting)
The Chapel, Priory Hospital,
Priory Lane, Roehampton, SW15 5JJ

Roehampton SW15

Train: Barnes

Monday 7:30pm - 9:00pm

Salvation Army Building (1st floor)
58 Westow Street,
Crystal Palace, SE19 3AF (Above blockbuster)

Crystal Palace SE19

Train: Gypsy Hill
Crystal Palace

Monday 8:00pm - 9.30pm

'Freedom'
Anchor House, 81 Barking Road,
Canning Town, E16 4HB

Canning Town E16

Train/ Tube: Canning Town

Monday 8:30pm - 10:00pm

'HP in HP' All Saints Church Hall, Church Avenue
Highams Park, E4 9QD

Highams Park E4

Train: Highams Park

Tuesday 1:00pm - 2:00pm

'We Do Recover'
The Small Hall
Rear of St. John's Church Hall,
Bourne Hill, Palmers Green, N13 4DA

Palmers Green N13

Tube: Southgate
Bus: W9, 329, W6

LONDON (Cont.)

Tuesday 7:00pm - 8:00pm

Maida Hill W9

The Rock Stops Here' - Topic Meeting- No Speakers

St. Peters Church,
Corner of Elgin Avenue,
and Chippenham Road,
Maida Vale, W9 2DB

Tube: Westbourne Park

Tuesday 7:00pm - 8:30pm

Willesden NW10

'Working with Others'
97 Cobbold Road,
Willesden, NW10 9SU

Tube: Neasden

Tuesday, 7:30pm - 8:30pm

West Ealing W13

'Sunlight of the Spirit'
27 Tewkesbury Road,
West Ealing, W13 0UJ

Train: West Ealing

(Entrance from Romsey Road. Turn right and then right again)

Tuesday 7:30pm - 8:30pm

Camden NW5

'The 3 Pertinent Ideas' -
Big Book Study
Thanet Hall, Herbert Street,
Camden, NW5 4HD

Tube: Kentish Town
Bus: 24, 46

Tuesday 7:30pm - 9:00pm

Camberwell SE5

'Clean on the Green'
Camberwell Corps of the Salvation Army,
105 Lomond Grove,
Camberwell, SE5 7HN
(1 min from Magistrates court)

Train: Denmark Hill

Tuesday 8:00pm - 9:30

Palmers Green N13

'Candlelit Meeting'
The Small Hall
Rear of St. John's Church Hall,
1 Bourne Hill, Palmers Green, N13 4DA

Tube: Southgate

Tuesday 8:00pm - 9:30pm

Bow E3

St. Paul's, St. Pauls Way,
Burdett Road E3 4AR

DLR: Devons Road

LONDON (Cont.)

Wednesday 1:00pm - 2:00pm	Marylebone W1U
The Parlour (Basement) Methodist Church, Hinde Street, W1U 2BD	
Tube: Bond Street	
Wednesday 6:30pm - 7:30pm	Islington N1
'Angel Newcomers' St. James's Church, 11 Prebend Street Islington, London, N1 8PF (off Essex Road, end of Packington Street)	
Tube: Angel	
Wednesday 7:00pm - 8:15pm	North Kensington W10
2 nd Chances St Helens Church, St Helens Gardens North Kensington,, London W10 6LP	
Wednesday 8:00pm - 9:30pm	Richmond TW10
'Thus We Grow' Richmond Unitarian Church Hall, Ormond Road, Richmond upon Thames, TW10 6TH (Side of cinema, opposite Richmond Bridge)	
Tube: Richmond	
Wednesday 9:00pm - 10:15pm	Islington N1
'Free at Last' The Wilson Room, The Crypt, St. Marys Church, Upper Street, N1 2TX (Entrance on left side of main church. Buzz "Wilson Room)	
Tube: Angel	
Thursday 7:35am – 8:35am	Marylebone W1U
The Parlour (Basement) Methodist Church, Hinde Street, W1U 2BD	
Thursday 12:00pm - 1:00pm	City EC3
'City Lunch' The Vestry, St. Michael's Church, Cornhill, EC3V 9DS	
DLR: Bank	
Thursday 12:00pm - 1:00pm	London E16
'Reaching Out' CRI Newham (H&I Open Meeting), Newham Rise, 3 Beckton Road Canning Town, London E16 4DE	

LONDON (Cont.)

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- Thursday 6:45pm-7:45pm** **Westminster SW1**
'Back to Basics 12 Step Meeting'
South Westminster Drug & Alcohol Project, Tube: St. James's Pk.
2 Old Queen Street,
Westminster, SW1H 9HP
-
- Thursday 7:00pm - 8:30pm** **Fulham SW6**
'The Steps We Took',
Fulham Methodist Church, Tube: Fulham Broadway
452 Fulham Road,
Fulham, SW6 1BY Buses: 11, 14, 28, 211, 295, 391, 414 & 424
-
- Thursday 7:30pm - 8:30pm** **Kilburn NW6**
'Kilburn Steppas'
Abbey Community Centre, Tube: Kilburn High Rd
222c Belsize Road, Kilburn, NW6 4DJ
-
- Thursday 7:30pm – 9:00pm** **London SE1**
How it Works
St George the Martyr Church
Borough High Street Train: London Bridge. Tube Borough
London SE1 1JA
Last Thursday of Month it's an OPEN meeting. Wheelchair access.
-
- Thursday 7:30pm - 9:00pm** **South Woodford E18**
Methodist Church, Derby Road,
South Woodford, E18 2PU Tube: South Woodford
-
- Thursday 8:00pm – 9:00pm** **Upper Holloway N19**
'Archway to Freedom'
St. Gabriels Community Centre, Train: Upper Holloway
(off Marlborough Road) Tube: Holloway
21 Hatchard Road, London, N19 4NG
-
- Friday 1:00pm - 2:15pm** **Kentish Town NW5**
'There is a Solution'
Kentish Town Community Centre Tube: Kentish Town
17 Busby Place NW5 2SP Bus: C2 134, 393, 390, 253, 29, 274
-
- Friday 6:30pm - 7:30pm** **Westminster SW1H**
'Russian Speaking 12 Step Meeting' Westminster Drug & Alcohol Service,
2 Old Queen Street, Westminster SW1H 9HP Tube: St James/
-

LONDON (Cont.)

Friday 7:00pm - 8:15pm The Servite Hall, 262b Fulham Road, London, SW10 9EL	Chelsea SW10 Tube: Earls Court
Friday 7:00pm - 8:15pm 'Friendship on Friday' - Topic Meeting Crown Court, Church of Scotland, Russell Street, WC2B 5EZ	Covent Garden WC2 Tube: Holborn
Friday 7:30pm - 9:00pm 'Newcomers Meeting' Priory Hospital, Occupational Therapy Unit, The Bourne, Southgate, N14 6RA	Southgate N14 Tube: Southgate
Friday 7:30pm - 8:30pm 'Big Book Study' Hope Christian Centre, 184 Horsenden Lane, South Perivale, UB6 7NT	Perivale UB6 Tube: Perivale
Friday 7:30pm - 9:00pm 'A Vision for You' Balham Baptist Church, Ramsden Road, SW12 8QX	Balham SW17 Tube: Balham
Friday 8:00pm - 9:30pm 'Docklands Power' Christchurch, Manchester Road, Isle of Dogs, E14 3BN	Isle of Dogs E14 DLR: Island Gardens
Saturday 9:00am - 10:00am 'Women can Recover' 229 Garrett Lane, SW18 4DU	SW18
Saturday 5:30pm - 7:00pm The Hut, Alpha Place, (off Flood Street) London, SW3 5SZ	Chelsea SW3 Tube: Sloane Square
Saturday 5:30pm - 6:45pm Thanet Hall, Herbert Street, Chalk Farm, NW5 4HD	Chalk Farm NW5 Tube: Chalk Farm
Saturday 6:00pm - 7:00pm 'There is a Solution' The Methodist Church, Ickenham Road, Ruislip, HA4 7BZ	Ruislip HA4

LONDON (Cont.)

Saturday 6:00pm - 7:30pm

'Twelve Steps and Beyond'
North Chingford Methodist Church,
Station Road, Waltham Forest, E4 7BJ

Chingford E4

Train: Chingford

Saturday 7:00pm - 8:30pm

'Hackney Heaven'
Lifeline Project, 110 Mare Street,
Hackney, E9 7QL

Hackney E9

Train: Hackney Central
Bus: 253, 106, 488

Sunday 9:00am - 10:00am

'The Breakfast Club, Blenheim PCRS ,
55 Dartmouth Road,
Forest Hill, London, SE23 3HN

Forest Hill SE23

Ring buzzer for access
Train: Forest Hill
Bus Routes: 122, 185, 176

Sunday 10:00am - 11:30am

'12 Steps Beyond' Step Study Meeting & Tradition Study last Sun of Month
The Small Hall, Rear of St. John's Church Hall,
Bourne Hill, Palmers Green, N13 4DA

Palmers Green N13

Tube: Southgate

Sunday 5:00pm - 6:00pm

St Andrews United Reform Church, 12 Packhorse Road
Gerrards Cross SL9 7QE

Gerrards Cross SL9

Train Gerrards Cross

Sunday 7:00pm - 8:15pm

'Sunday Solution'
Thanet Hall, Herbert Street,
Chalk Farm, NW5 4HD

Chalk Farm NW5

Tube: Chalk Farm
Bus: 24, 46

Sunday 7:15pm - 8:30pm

'The Barnes Sunday C.A Meeting'
St. Michael and All Angels,
Elm Bank Gardens,
Barnes, SW13 0NX (Big Book Study - 3rd Sunday of month)

Barnes SW13

Train: Barnes Bridge

Sunday 7:30pm - 9:00pm

'A Vision for You'
66 Nunhead Lane, Peckham, SE15 3QE

Peckham SE15

Train: Nunhead

MANCHESTER

(All Manchester Meetings are "Closed" Open to Addicts Only)

Monday 7:00pm – 8:30pm Ashton Under Lyne M34

'Step 1 Meeting' Ashton Under Lyne Fire Station

Slate Lane, Audenshaw, Ashton Under Lyne, M34 5FS

Tuesday 7:00pm

Salford M7

'Road to Recovery' 316 Great Clowes Road,

Salford, M7 2HD

Tuesday 7:30pm – 8:30pm

Altrincham WA14

Dunham Road Unitarian Church,

Sylvan Grove, Altrincham, WA14 4NX

Train: Altrincham

Tuesday 6:15pm - 7:15 pm

Preston PR1 3SA

Bridge To Shore Group.

Knowsley Street(off Avenham Lane) Preston PR1 3SA

Wednesday 6:00pm – 7:30pm

Ashton-under-Lyme SK16

Newcomer Meeting, The Old Courthouse, 70-104 Chapel Street,

Ashton-under-Lyme, Dukinfield, Manchester SK16 4DT

Wednesday 7:15pm - 8:45pm

Altrincham WA15

The Priory Hospital, Rappax Road,

Altrincham, WA15 0NX

Wednesday 7:30pm – 9:00pm

Stockport SK4

'NewcomersThe Big Book Study'

St Thomas Church, Wellington Rd North,

Heaton Chapel, Stockport, SK4 4QZ

Thursday 7:00pm

Stockport SK4

'The Big Book Study' The Salvation Army, Short Street

Heaton Norris, Stockport, SK4 1SX

Thursday 7:30pm -21:00

Salford M6

Surrender, Accept & Take Action " Achieve Recovery Service

The Orchard, 2 Langley Road South, Salford, M6 6GU

Friday 7:00pm - 8:30pm

Ardwick M13

Manchester Salvation Hall, 71 Grosvenor Street, Ardwick,

Manchester, M13 9UB Train: Manchester Oxford Road

MANCHESTER (Cont.)

Saturday 6.30pm - 7.30pm Hale Barns WA15

Hale Unitarian Chapel Hall,
335 Hale Road, Hale Barns, WA15 8SS

Sunday 6:30pm - 7:30pm West Didsbury M20

Christ Church, 35 Darley Avenue,
West Didsbury, Manchester, M20 2ZD

MERSEYSIDE

Monday 7:00pm - 8:30pm Kirkby L32

CRI Knowsley Integrated Recovery Service,
St. Chad Drive, Kirkby, L32 8RE

Monday 7:30pm - 8:30pm Liverpool L1

SHARP, 17 Rodney Street, Liverpool, L1 9EF
Train: Liverpool Central

Tuesday 11:00am - 12:00pm Liverpool L1

'Big Book Study' Train: Liverpool Central
The Brink, 15-21 Parr Street, Liverpool, L1 4JN

Tuesday 7:00pm - 8:00pm Belle Vale L25

'Big Book Share' Belle Vale Fire Station,
Child wall Valley Road, Belle Vale, Liverpool L25 2PY

Tuesday 7:15pm - 8:15pm Warrington WA1

'Primary Purpose' The Hub (rear of building)
14 Bold Street Warrington,
Cheshire, WA1 1DL

Wednesday 6:15pm - 7:15pm Croxeth L11

'Big Book Study' Lighthouse Project,
83-93 Stonebridge Lane, Croxteth, Liverpool, L11 4SJ

Wednesday 6:30pm - 7:30pm Bootle L20

'General Share Meeting'
Sefton House, Canal Street, Bootle, Liverpool, L20 8AH

Wednesday 6:30pm - 7:45pm Liverpool L1

'Back to Bascis'
The Brink, 15-21 Parr Street, Liverpool, L1 4JN

Thursday 10:00am - 11:00am Liverpool L17

Primary Purpose Big Book Study
The Old Police Station, 80 Lark Lane, Liverpool, L17 8UU

MERSEYSIDE (Cont.)

Thursday 7:30pm - 9:00pm **Edge Hill L7**

'Big Book Study' St. Annes Church,
7 Overbury Street, Edge Hill,
Merseyside, L7 3HJ

Friday 6:00pm - 7:00pm **Liverpool L1**

'Hope, Faith & Courage'
SHARP, 17 Rodney Street, Liverpool, L1 9EF
Train: Liverpool Central

Saturday 10:30am - 12:00pm **Liverpool L1**

'Lighthouse of Hope'
The Brink, 15-21 Parr Street
Liverpool, L1 4JN
Train: Liverpool Central

Saturday 12:30pm - 1:30pm **Liverpool L20**

'General Share Meeting'
294 Knowsley Road Bootle
Liverpool L20 5DQ

Saturday 7:30pm - 9:00pm **Liverpool L1**

'A Vision for You'
SHARP, 17 Rodney Street,
Liverpool, L1 9EF

MIDDLESEX

Monday 7:30pm - 8:30pm **Uxbridge UB8**

"Escape from Disaster" Old Bank House, 64 High Street,
Uxbridge, Middlesex, UB8 1JP (back Entrance) Tube: Uxbridge

Wednesday 7:00pm - 8:15pm **Uxbridge UB8**

Old Bank House, 64 High Street,
Uxbridge, Middlesex, UB8 1JP (Open H&I meeting)
Tube: Uxbridge

Thursday 7:00pm - 8:15pm **Twickenham TW1**

CRI, Unit 2, Ilex House, 94 Holly Road
Twickenham, TW1 4HF

Thursday 7:30pm - 8:45pm **Northolt UB5**

'ESH Meeting' Islip Manor Community Centre,
Arnold Road, Northolt, UB5 5TB
Tube: Northolt

Saturday 8:30am - 9:30am **Enfield Lock EN3**

'Never too Early' - Step 11 Meditation, The Methodist Church
Ordinance Road, Enfield Lock, EN3 6BW
Train: Enfield Lock

MIDDLESEX (Cont.)

Sunday 7:15pm - 8:45pm

Stanmore HA7

'Keep it Simple' The Neville Room Entrance in Glebe Rd, Closed meeting
25 The Broadway, Stanmore, HA7 4DA Tube: Stanmore

MIDLANDS

Monday 7:30pm - 8:30pm

Nottingham NG5

"Bring you Big Book" Study meeting
Church of St John the Evangelist.
Mansfield Rd, Nottingham NG5 2DP

Buses 56, 57, 58 & 59

Tuesday 7:30pm - 8:30pm

Nottingham NG5

"Bring your Big Book" Study meeting
Church of St John the Evangelist.
Mansfield Rd, Nottingham NG5 2DP

Tuesday 7:30pm - 8:30pm

Birmingham B4

"Happy Joyous & Free", Salvation Army,
William Booth Ctr, Shadwell St, Birmingham B4 6HA

Wednesday 8:00pm - 9:00pm

Solihull B92

Hobs Moat United Reformed Church
37 Faulkner Road, Solihull, B928SD

Friday 5:30pm - 6:30pm

Nottingham NG5

Step Share, Church of St John the Evangelist
Mansfield Road, Nottingham NG5 2DP

Friday 7:30pm - 8:30pm

Birmingham B4

'There is a Solution' Big Book Study meeting
Salvation Army, Shadwell Street, Birmingham, B4 6H8,

Tuesday 8:00pm - 9:00pm

Coventry CV1

'Big Book Study and Share Meeting' The Salvation Army,
Harnall Lane West, Coventry, CV1 1EZ

Thursday 7:00pm - 9:00pm

Derby DE231

New Life Church Holmes Rd, On corner with Rose hill
Derby DE23 6UU Just off Normanton Street

Thursday 7:30pm - 8:00pm

Coventry CV1

'Recover from Addiction' Hillfields Evangelical Baptist Church,
Waterloo Street, Coventry, CV1 5JS

Sunday 5.00pm - 6.00pm

New Cross WV10

St. Patrick RC, Wolverhampton,
229 Wolverhampton Road, New Cross, WV10 0QQ

NORTHAMPTONSHIRE

Monday 7:00pm – 08:00pm

Rushden NN10

Full Gospel Church, 60 High Street South,
Rushden, Northamptonshire, NN10 0X

Tuesday 7:30pm - 9:00pm

Kettering NN16

'There is a Solution' - Big Book Study

The Mixing Bowl, MIND,

49 - 51 Russel Street, Kettering, NN16 0EN

(Meeting Format: Literature Last Tuesday of each month will be a share meeting Doors open at 7.00pm for fellowship)

Wednesday 2:00pm - 3:30pm

Corby NN17

Discussion Meeting

CRI, Old TA Building, Elizabeth Street,

Corby, Northamptonshire, NN17 1PN

Train: Corby

Thursday 7:30pm - 9:00pm

Northampton NN1

'Experience, Strength & Hope' Book Study

Vernon Terrace Community Centre

Stockly Street, Northampton NN1 5HD

Friday 7:30pm - 9:00pm

Wellingborough NN8

'Spirit of Recovery' - Topic share Meeting

MIND Building, 14 Havelock Street,

Wellingborough, NN8 4QA

Sunday 7:00pm - 8:30pm

Northampton NN1

'Hope, Faith & Courage'

Recovery Share Sharing Meeting

Mind Building, Anchor House,

6-7 Regent Square, Sheep Street, Northampton, NN1 2NQ

NORTHUMBELRAND

Monday 4:00pm – 5:00pm

Berwick on Tweed TD15

Berwick Baptist Church

Wallace Green, Berwick on Tweed, Northumberland, TD15 1BG

Wednesday 7:00pm – 8:30pm

Blyth NE24

'Primary Purpose meeting'

Oak trees office, 15/21 Quay Road

Blyth, Northumberland, NE24 2AS

Thursday 14:30pm–15:30pm

Berwick on Tweed TD15

Berwick Baptist Church

Wallace Green, Berwick on Tweed, Northumberland, TD15 1BG

OXFORD

Monday 7:30pm - 8:30pm

Oxford OX4

'Newcomers Meeting'

Refresh Café, 131 Cowley Road, Oxford, OX4 1HU

Thursday 7:30pm - 8:30pm

Blackbird Leys OX4

'Big Book Study' Lifeline Building

Bus Routes 1 & 5

9 Nights Road, Blackbird Leys, Oxford OX4 6HU

SOMERSET

Wednesday 7:30pm - 8:45pm Weston-S-Mare BS23

'Experience, Strength & Hope Share'

All Saints Church, All Saints Road,

Weston-Super-Mare, BS23 2NL

SUFFOLK

Wednesday 7:30pm - 8:30pm

Lowestoft NR32

'Hope, Faith & Courage' - Big Book Study

St. Andrews Church, Roman Road,

Lowestoft, NR32 2DG

Train: Lowestoft

Saturday 2:30pm - 4:00pm

Lowestoft NR33

Big Book Study

Gateway to Hope,

London Road South

Lowestoft, NR33 0AX

Train: Lowestoft

Sunday 1:00pm - 2:00pm

Lowestoft NR33

London Road South, Baptist Church

Kirkley Park Road

Lowestoft, NR33 0LQ

Train: Lowestoft

SURREY

Monday 1:00pm - 2:00pm

Wallington SM6 ONN

Orien House, 19 Cedar Road,

Sutton, SM2 5DA

Monday 8:00pm - 9:30pm

Cheam SM2

"The Monday Club"

St Andrews United Reformed Church

Northey Avenue,

Cheam, SM2 7HF

SURREY (Cont.)

- Monday 7:00pm – 8:15pm** **Weybridge KT13**
“The Easier Softer Way”
St Mary Oatlands Church
Oatlands Avenue,
Weybridge, Surrey, KT13 9TS
-
- Monday 8:00pm - 9:30pm** **Guildford GU1**
‘Acceptance is the Key’(Candlelit)
St. John Church, Stoke Road, Guildford, GU1 1HB
(Chair every second week. Big Book comes alive all other weeks.
Entrance at back door Use the lido car park behind the church.
Train:London Rd. Guildford 10 mins)
-
- Tuesday 6:30pm - 7:30pm** **Hounslow TW3**
IHear, Pharmacia House,Prince Regent Road
Hounslow TW3 1NE
-
- Tuesday 7:30pm - 9:00pm** **Hackbridge CR4**
‘A Bridge to a New Life’
All Saints Church, New Road, All Saints Centre, New Road
Hackbridge, Sutton, CR4 4JL Hackbridge, CR4 4JN
(April to September) (March to October)
(Train : Hackbridge Mainline Station / Tram: Mitcham Junction 1mile away)
-
- Tuesday 7:30pm-8:45pm** **Hampton Hill TW12**
Hampton Hill Reformed Church
35 High Street, Hampton Hill, TW12 1NB
(Train: Fulwell. 15/20 mins walk from Fulwell bus garage)
-
- Wednesday 7:30pm - 9:00pm** **Mitcham CR4**
‘Power in Pollards’ New Horizon Centre
South Lodge Avenue, Pollards Hill, Mitcham, CR4 1LT
Buses 152, 255, 60,or 463. Tram: Beddington Lane 1mile away
-
- Thursday 7:00pm - 8:15pm** **Twickenham TW1**
Ilex House, 94 Holly Road
CRI Unit 2, Twickenham, TW1 4HF
Train: Twickenham
-
- Thursday 7:30pm** **Croydon CR0**
St. Mary's Catholic Church,
Wellesley Road, Croydon CR0 2AR
Train: West Croydon
(Entrance down the ramp, then around the back)
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SURREY (Cont.)

Thursday 7:30pm-9:00pm **Rosehill SM4**

'Recovery @ Rosehill' St. Peters Church,
Bishopford Road,
Morden SM4 6BH

(Double speaker meeting last Thurs of every month, food and fellowship)

Train: St. Hellier

Bus:151;154;280;164

Thursday 8:00pm - 9:30pm **Purley CR8**

Primary Purpose in Purley
Purley United Reformed Church
906 Brighton Road, Purley, CR8 2LN

Thursday 8:00pm - 9:30pm **Farnham GU9**

'The Big Step'
Parish Rooms, St.Andrews Church,
Upper Church Lane,
Farnham, Surrey, GU9 7PW

Friday 7:30pm - 8:45pm **Epsom KT17**

'By the Book 'St. Martin's Church,
Church St. Epsom, Surrey, KT17 4PX

(Train: Epsom)

Friday 7:30pm - 8:30pm **Richmond TW10**

'Newcomers 12 Steps to Freedom" Closed Meeting to non addicts
Richmond Unitarian Church Hall
Ormond Rd (side of cinema, opposite Richmond Bridge)
Richmond Upon Thames,Surrey, TW10 6TH

Friday 8:00pm-9:15pm **Shepperton TW17**

'Read The Black Bits'
St. Nicholas Church, Parish Centre,
Church Square, Shepperton,
Middlesex, TW17 9JY

Train: Shepperton

(Big Book reading and Chair alternate weeks)

(Parking available on the left of the church as you drive into the square. Alternative parking in the square or at Manor Park 5 mins walk away.)

Saturday 12:00pm - 1:00pm **Wimbledon SW20**

The Nelson Centre,
Kingston Road,
Wimbledon Chase, London, SW20 8DA

Train: Wimbledon Chase

SURREY (Cont.)

Saturday 5:00pm - 6:15pm **Hackbridge CR4**

'There's Hope in Hackbridge'

Hackbridge Hall, London Road, Hackbridge SM6 7HF

(Train: Hackbridge 5 mins)

Saturday 5:30pm - 7:00pm **Guildford GU1**

'We Can Recover' (Candlelit)

St John's Stoke Church, Stoke Road, Guildford, GU1 1HB

Chair second week of the month. Big Book comes alive all other weeks.

Entrance at the front door Use the lido car park behind the church Train:

London Rd. Guildford 10 mins

Saturday 7:30pm - 9:00pm **Kingston KT2**

'The Honest Undesirables'

St. Luke's Church, Gibbon Road,
Kingston, KT2 6AB

Train: Kingston

Sunday 6:00pm - 7:30pm **Stanwell TW11**

'An Ounce of Courage'

St. David's Church, Stanwell,
Staines-upon-Thames, TW19 7EE

Train/Tube: Heathrow T5

Sunday 7:00pm - 8:30pm **Worcester Park KT4**

Christchurch with St. Phillip

Ruskin Drive Church Hall,
Worcester Park, KT4 8LG

Train: Worcester Park

(Big Book study on the last Sunday of the month)

SUSSEX

Monday 10:00am - 11:00am **Brighton BN2**

'The Solution'

Committee Room 1, Kemp Town Crypt Community Centre,

St. Georges Church, St. Georges Road,

Brighton, BN2 1ED

Monday 6:30pm - 7:30pm **Portslade BN41**

'Thus We Grow'

South Portslade Community Centre

Church Road, Portslade, BN41 1LB

SUSSEX (Cont.)

- Monday 7:30pm - 9:00pm** **Eastbourne BN21**
'Free at Last' All Saints Church,
21a Grange Road, Eastbourne, BN21 4HE
-
- Monday 7:30pm - 9:00pm** **Crawley RH11**
'Sharing the Solution'
Pelham House, Broadfield Barton, Broadfield Crawley, RH11 9BA
-
- Monday 8:00pm - 9.30pm** **Hove BN3**
'Message of Hope'
The Vicarage, Wilbury Road, Hove, BN3 3PB Train: Hove
-
- Monday 8:00pm - 9:30pm** **East Sussex BN17**
St. Pancras Church, Irelands Lane,
Lewes, East Sussex, BN17 1QX Train: Littlehampton
-
- Tuesday 6:30pm-7:30pm ST-Leonards-on-sea TN37**
"There is a solution"
Southwater Community Centre
1 Stainsby Street, St-Leonards-on-sea, TN37 6LA
-
- Tuesday 7:30pm - 9:00pm** **Littlehampton BN1**
Dove Lodge Community Centre,
49 Beach Road, Littlehampton,
West Sussex BN17 5JG
-
- Tuesday 8:00pm - 9:30pm** **Hove BN3**
'Step & Tradition Meeting'
Hove Methodist Church, Portland Road, Hove, BN3 5DR
-
- Tuesday 8:00pm - 9:30pm** **Crawley RH10**
'It Works-It Really Does'
St. Barnabas Church,
Worth Road, Crawley, RH10 7DY
-
- Wednesday 7:30am - 8:30am** **Hove BN3**
'Early Recovery' Coffee Republic (upstairs)
157 Church Road, Hove, BN3 2AD
-
- Wednesday 7:30am – 8.30am** **Crawley RH10**
'A Daily Peace'
Starbucks Coffee 12/13 Queens Square, Crawley, RH10 1DY
-
- Wednesday 10:00am – 11:00am** **Worthing BN11**
'Hope Faith & Freedom' (Child Friendly)
Christ Church, Grafton Rd, Worthing, BN11 1QG
-

SUSSEX (Cont.)

Wednesday 7:30pm - 9:00pm 'Women's Back to Basics Meeting' St. Marys Magdalen's Church, Upper North Street, Brighton, BN1 3FH	Brighton BN1 Train: Brighton
Wednesday 7:30pm - 8:30pm 'Sharing the Solution' - Big Book Discussion Group The Vicarage, Wilbury Road, Hove, BN3 3PB	Hove BN3
Wednesday 7:30pm - 9:00pm 'Big Book Study' W.R.V.S, 24 Hyde Road, Eastbourne, BN21 4SX	Eastbourne BN21 Train: Eastbourne
Wednesday 7:30pm - 8:45pm Jeneses Church, 45 Linden Rd, Bognor Regis, West Sussex, PO21 2AS	Bognor Regis PO21
Thursday 7:00pm - 8:00pm 'Womans Big Book Study' Crawley Hospital, Post Graduate Rooms, West Green, West Sussex RH11 7DH	West Sussex RH11
Thursday 7:30pm - 9:00pm 'Sharing the Solution' St. John's Centre, Palmiera Square, Hove, BN3 2FL	Hove BN3
Thursday 7:30pm - 9:00pm 'Sharing the Solution' Christ Church, Grafton Road, Worthing, BN11 1QG	Worthing BN11
Friday 10:00am - 11:00am 'Line for line-Big Book study' Committee Room 1, Kemp Town Crypt Community Centre, St. Georges Church, St. Georges Road, Brighton, BN2 1ED	Brighton BN2
Friday 7:30pm - 9:00pm 'Absolute Beginners' St. Mary Magdalene Church, Upper North Street, Brighton, BN1 3FH	Brighton BN1 Train: Brighton

SUSSEX (Cont.)

Friday 8:00pm - 9:30pm	Shoreham-by-Sea BN43
'Reaching Out' Good Shepherd Church, West Beach, Shoreham-by-Sea, BN43 5LF	
Friday 8.00pm - 9.30pm	Horsham RH12
'Horsham Big Book Study' Roffey Millenium Hall, Crawley Road, Horsham, RH12 4DT	
Saturday 11.00am - 12.30am	Brighton BN1
'New Beginning' Dorset Gardens Methodist Church, Dorset Gardens, (Off St. James Street), Kemp Town, Brighton, BN2 1RL	
Saturday 6:00pm – 7.00pm	Hove BN3
'Message of Hope' The Vicarage, Wilbury Road, Hove, BN3 3PB	
	Train: Hove
Saturday 6:00pm - 7:30pm	Hastings TN34
'We Can Recover' - Newcomer Meeting Friends Meeting House, 5 South Terrace, Hastings, TN34 1SA	
	Train: Hastings
Saturday 6:00pm - 7:30pm	West Green RH11
'Absolute Beginners' Crawley Hospital, Post Graduate Rooms, West Green, West Sussex, RH11 7DH	
Saturday 7:30pm - 9:00pm	Hove BN3
'Sharing the Solution' The Vicarage, Wilbury Road, Hove, BN3 3PB	
	Train: Hove
Sunday 9:00am - 10:00am	Hove BN3
'Gratitude' The Vicarage, Wilbury Road, Hove, BN3 3PB	
	Train: Hove
Sunday 3:00pm - 4:30pm	Hove BN3
'Complete Abandon' Café Quench, George Street, Hove, BN3 3YB	
	Train: Hove

SUSSEX (Cont.)

Sunday 6:30pm

Brighton BN2

'Rule 62 - Step 1 Meeting'
Dorset Gardens Methodist Church,
Dorset Gardens, (Off St. James Street),
Kemp Town, Brighton, BN2 1RL

TEESIDE

Monday 7.00pm - 8.30pm

Middlesbrough TS1

Recovery Connections Offices, 112-114 Marton Road,
Middlesbrough, TS1 2DY

Thursday 7:30pm - 9:00pm Stockton-On-Tees TS18

'Primary Purpose Meeting'
Parish Church, High Street,
Stockton-On-Tees, TS18 1SP
(Entrance opposite library)

Train: Stockton

TYNE AND WEAR

Monday 7:30pm - 8:45pm

Gateshead NE8

'Hope, Faith and Courage'
Oaktrees, 1A Walker Terrace,
Gateshead, NE8 1EB

Train: Gateshead Metro

WALES

Monday 8:00pm - 9:00pm

Cardiff CF24

'No Pollution Just Solution'
St Teilo's Church, Woodville Road
Cathays
Cardiff CF24 4DX

Tuesday 8:00pm - 9:00pm

Swansea SA1

'Big Book Meeting'
St. David's Church,
The Quadrant, Swansea, SA1 3NG

Train: Swansea

(Closed meeting - Meeting is 'Open' on the first Tuesday of each month)

WALES (Cont.)

Wednesday 1:30pm – 2:30pm Brunswick Methodist Church St Helens Road Swansea SA1 3UN	Swansea SA1
Wednesday 7:00pm - 8:00pm A New Beginning Quaker Meeting House, Castle View Neath SA11 3LY	Neath SA11
Wednesday 8:00pm – 9:00pm 'Into Action' The Voice Hub, McCarthy's Court, School Lane Newport, Gwent, NP20 1LE	Gwent NP20
Thursday 7:30pm - 9:00pm 'Big Book Study' Ward 18, Princess of Wales Hospital, Coity Road, Bridgend, CF31 1RQ	Bridgend CF31 Train: Wildmill
Friday 8:00pm - 9:00pm 'And We Have Ceased Fighting' St. Andrew & St. Telio Church, Woodville Road, Cathays, Cardiff, CF24 4DX	Cardiff CF24
Friday 8:00pm - 9:00pm Brunswick Methodist Church St Helen's Road Swansea SA1 4BE	Swansea SA1
Saturday 10:30am - 11:30am 2 ND Saturday of every month 11 th Step 'Centering in Prayer' meeting Quaker Meeting House, Castle View Neath SA11 3LY	Neath SA11
Saturday 7:00pm – 8:00pm 'Big Book Study' Brunswick Church, St Helens Road Swansea SA1 3UN	Swansea SA1

WARWICKSHIRE

Friday 8:30pm - 9:30pm

Rugby CV21

'Big Book Study' Hill Street,
Community Centre, Rugby, CV21 2NB

WILTSHIRE

Tuesday 6:45pm – 7:45pm

Swindon SN6

'Spiritual Principles'
The Highworth Methodist Church, Lechlade Road,
Highworth, SN6 7HG

Tuesday 7:00pm - 8:00pm

Chippenham SN15

'Newcomers Step Meeting'
Station Hill Baptist Church, Station Hill,
Chippenham, SN15 1EG
(Access at rear of church)

Train: Chippenham

Wednesday 7:30pm - 8:30pm

Swindon SN3

'Steps & Traditions'
St. John's Church, Whitbourne Avenue,
Park North, Swindon, SN3 2LG

1st Sunday of the Month 9:45am – 11:15am

Swindon SN3

'Conscious Contact'
Central Community Centre, Emlyn Square
The Railway Village, Swindon, SN1 5BP
Bus 13,14,1,19 & 8 from Swindon town. Parking. Wheelchair Access

Sunday 7:00pm - 8:00pm

Swindon SN3

'Big Book Study'
St. John's Church, Whitbourne Avenue,
Park North, Swindon, SN3 2LG
(Doors open from 6.30pm for fellowship)

WORCESTERSHIRE

Monday 7:30pm - 8:30pm

Worcester WR2

'Freedom from Addiction'
Our Lady Queen of Peace (Church)
10 Bransford Road, St John's, Worcester WR2 4EN

Thursday 8:15pm-9-15pm

Worcester WR2

'Our Primary Purpose'
Our Lady Queen of the Catholic Church
10 Bransford Road, St John's, Worcester, WR2 4EN

YORKSHIRE

Tuesday 7:30pm – 9:00pm

Bradford BD1

Back to Basics
Unity 30 Manningham Lane,
Bradford, BD1 3DN

Thursday 7:30pm – 9:00pm

Leeds LS1

St Georges Crypt, Great George St
Leeds LS1 3BR

Sunday 10.45am - 11.45am

Scarborough YO11

Westborough Methodist Church,
Westborough, Scarborough, YO11 1TS

Sunday 07:00pm-8:30pm

Huddersfield HD1

“Jay-Walkers Big Book Study”
3a Union Bank Yard, New Street,
Huddersfield HD1 2BP

Sunday 7:30pm-9:00pm

York YO1

“Big Book Study, Changing Lives,
Walmgate, York, YO1 9UA

C.A. DUBLIN

Helpline Number: 087 317 4989

Website: www.caireland.info

Email: cocaineanonymousdublin@gmail.com

C.A. SCOTLAND

Helpline Number: 0141 959 6363

Website: www.cascotland.org.uk

Email: info@cascotland.org.uk

C.A. MEETINGS ONLINE

On line meetings run 24/7 and are email based.

Please visit www.ca-online.org to subscribe.

In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.

For meetings outside the UK please check our website www.cauk.org.uk or call the Helpline.

The Twelve 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 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 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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The Twelve 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 non-professional, but our service centres 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 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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"We're Here and We're Free"™



Online C.A. Meetings

- Hope, Faith & Courage - *General discussion*
- Steps Online - *Study of the Twelve Steps*
- The Study - *Book Study*
- There is a Solution - *Men's meeting*
- Sisters in Sobriety - *Women's meeting*

Cocaine Anonymous meetings online

www.ca-online.org
Recovery at your fingertips

NEW REAL TIME SPEECH & SOUND MEETINGS

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- A Vision For You - *International Audio Meeting*

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