

Ontario Meetings

X = Wheelchair Accessible; M = Men Only Meeting;
W = Women Only Meeting

Toronto Sunday 9:00 AM - 10:00 AM

Sunday Morning Big Book Sponsorship Meeting; Bellwood Health Services; 175 Brentcliffe Road, Toronto, Ontario. Contact: Yermi: 647-992-5108 slaamuckers@gmail.com

Ajax Sunday 10:00 AM

The Durham Recovery Group; Salvation Army 122 Hunt St., Ajax, Ontario. Contact: 905-424-3509 jamesheadcopywriter@gmail.com

Toronto Sunday 10:30 AM - 12:00 PM

Bellwood Hope for Freedom Group; Bellwood Health Services; 175 Brentcliffe Road, Toronto, Ontario.

Toronto Sunday 2:30 PM X

The Dignity of Self Group; Church Street Community Centre; 519 Church Street, Toronto, Ontario

Kitchener-Waterloo Sunday 7:00 PM

Kitchener-Waterloo Sunday Group; Trillium Lutheran Church; 22 Willow Street. Waterloo, Ontario. Contact: Judy 519-745-6716

Oakville Sunday 7:00 PM - 8:30 PM X, M

Maple Grove United Church - Upper Room East - 2nd Floor; 346 Maple Grove Drive, Oakville, Ontario. Contact: info@slaa-ontario.org

Toronto Monday 12:15 PM

The Solution Group; Bloor St. United Church (in the board room); 300 Bloor St. West, Toronto Ontario

Hamilton Monday 6:30 PM W

New Hope Ladies; The Unitarian Church; 170 Dundurn Street S., Hamilton, Ontario; No meetings on statutory holidays. Contact: Diane: 905-570-7479 or newhopeladies@gmail.com

Niagara Falls Monday 7:00 PM

Welcome Home Group; Queensway Free Methodist Church; 4397 Dorchester Road, Niagara Falls, Ontario. Contact: Canada: Alan (416) 616-5112 U.S.: Andy (716) 812-6145

Ottawa Monday 7:00 PM - 8:15 PM W

Monday Night Womens Group; McNabb Community Centre Meeting Room A, 180 Percy Street, Ottawa, ON.

Toronto Monday 7:00 PM - 8:00 PM X

Our Lady of Lourdes R.C. Church; 520 Sherbourne Street, Toronto, Ontario. Contact: Barry 416-364-5127

Toronto Tuesday 12:00 PM - 1:00 PM

Facing Codependence in SLAA; Trinity-St. Paul's United Church; 427 Bloor St West, Toronto Ontario Contact: ppower1951@hotmail.com

Guelph Tuesday 7:00 PM - 8:30 PM

From Shame to Grace; Homewood Health Centre - McKinnon Room F; 150 Delhi Street, Guelph, Ontario. Contact: Alex 226-486-1213

Toronto Tuesday 7:00 PM - 8:30 PM X

New Freedom Group; Church of St. Leonard; 25 Wanless Avenue, North York, Ontario; Meet in lounge or chapel.

Toronto Tuesday 8:00 PM - 9:00 PM

Degrassi Group; St. Ann; 120 First Avenue, Toronto, Ontario; Enter at side door. Meeting is downstairs.

Toronto Wednesday 12:15 PM

Bloor St. United Church (in the board room); 300 Bloor St. West, Toronto Ontario

Peterborough Wednesday 7:00 PM

George St. United Church; 543 George St. North, Peterborough, Ontario. Contact: Mike 705-768-0376

Rockwood Wednesday 7:00 PM - 8:30 PM M

World Famous Group; St. John; 114 Main Street South, Rockwood, Ontario

Pickering Wednesday 7:30 PM - 9:00 PM

Manresa Manor House (Fireside Dining Room); 2325 Liverpool Road, Pickering, Ontario; No Meetings in July and August. Contact: John 416-254-6623

Toronto Thursday 7:30 PM – 9:00 PM W

Women's Circle; St. Paul's Church; 427 Bloor St. W., Toronto, Ontario; meet in basement Peace Room

Holland Landing Thursday 7:30 PM

Emmanuel Group; Southdown Institute; 18798 Old Yonge Street, Holland Landing, Ontario; Contact: Marc M. marcm@interlog.com a) cell - text only 416-655-9646 b) telephone 416-496-6183

Toronto Thursday 7:30 PM – 9:00 PM

The Reaching Out Anorexia Focus Group; Holy Rosary Parish Hall - 2nd Floor, Room 5; 356 St. Clair Street West, Toronto, Ontario. Contact: Justin 647-216-3564

Toronto Friday 12:15 PM

Building Healthy Relationships; Bloor St. United Church in the board room; 300 Bloor St. West, Toronto Ontario

Toronto Friday 6:00 PM - 7:00 PM

Bloor St. United Church (Music Room); 300 Bloor St. West, Toronto Ontario

Hamilton Friday 7:00 PM - 9:00 PM X

Hope to Freedom Group; Linden Park Community Church; 484 East 16th Street, Hamilton, Ontario. Contact: (289) 639-9982 - Leave Message

Ottawa Friday 7:00 PM - 8:30 PM

Helpless No More; Sandy Hill Community Centre; 250 Somerset East, Ottawa, Ontario; Two blocks east of King Edward St.

Brampton Saturday 09:00 AM

Saturday Morning Serenity Group; St. Andrew Church; 44 Church Street East, Brampton, Ontario. Contact: Allan D. bramptonslaa9am@gmail.com

Huntsville Saturday 10:00 AM - 11:00 AM

Northern Freedom; Trinity United Church (Art Room); 33 Main St E., Huntsville, Ontario. Contact: Steve K 705-571-3004 northernfreedom24@gmail.com

Toronto Saturday 5:00 PM - 6:15 PM X

St. Michael's Hospital- Cardinal Carter Wing, Room 6002; 30 Bond Street, Toronto, Ontario.

Last Updated: November 25, 2018

To maintain anonymity, SLAA meetings are only open to sex and love addicts or to newcomers who feel they may suffer from sex and/or love addiction.

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.

The Promises of SLAA

“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.

SLAA Preamble

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.

SLAA Intergroup

Group representatives meet on the last Thursday of each month at 7pm (520 Sherbourne St. Toronto). In the spirit of service, please appoint a group rep and be active in Intergroup.

Messageline: 416-486-8201

info@slaa-ontario.org / www.slaa-ontario.org

Mailing Address: S.L.A.A. Ontario, 473 Church Street, Suite 122, Toronto, ON. M4Y 2C5.

Literature orders: slaa.ont.lit@gmail.com

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 www.slaafws.org/contactfws

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.

