

WELCOME TO THE NEWCOMER

You're looking for help, but you're afraid there isn't anyone out there who could possibly do what you've done, much less understand and accept you for who you are. Take a breath, and know that your first SAA meeting will be an experience of acceptance and understanding. As you work up the courage and come through the door, you'll see the faces of men and women who know your troubles: they've all been there too.

You will probably be asked by at least one person if this is your first meeting, and asked to introduce yourself to the group with just your first name. The leader of the meeting may then explain to you how that meeting will introduce you to the SAA 12 step program. Your first meeting will likely be an opportunity for you to listen to others' stories, learn how the program works for them, and ask questions, or share as much or as little as you're comfortable doing.

You will NOT be required to do anything - you never will be. SAA, as with most 12 step programs, is voluntary. Your recovery is your own, we are here to help you, however you want it.

Suggestions to all Newcomers

1. Make your recovery your top priority.
2. Make a commitment to attend at least 6 meetings during the next 2 weeks.
3. Find a sponsor or temporary sponsor as soon as possible (A sponsor is someone who guides you through the 12 Steps).
4. Begin to work the Steps.
5. Get in the habit of calling your points of contact every day. Calling other members of the fellowship will benefit you as well as them. Calls are supportive of your recovery and are welcomed by other members of the group.
6. Put the same amount of effort into your recovery as you did acting out.

Your addiction never takes a day off. Your recovery shouldn't either.

A SPECIAL WELCOME TO THE WOMEN NEWCOMER

Women who are new to SAA may have special concerns regarding a mainly male attended fellowship. The one thing to keep in mind about SAA is that this fellowship is open to anyone, male or female, seeking recovery from sexual addiction. Our Third Tradition states this idea unequivocally: *"The only requirement for SAA membership is a desire to stop addictive sexual behavior."*

There is a pamphlet available at many of our local meetings entitled "A Special Welcome to the Woman Newcomer" that may address some of your concerns: topics include Being the Only Woman in the Room, Speaking at Meetings, Triggering Others at Meetings, Being Attracted to Others at Meetings, Protecting Your Safety, and Choosing a Sponsor.

A weekly **"women's only"** meeting where you can meet and talk with other women in this fellowship is in the process of being formed. To obtain the time and location of this meeting, please see the listings on the next page.

We suggest you talk to other women in the fellowship to get an understanding of how this program works for women. Getting to meetings and working the Twelve Steps with a sponsor is the quickest and surest road to recovery.

The Greater Vancouver SAA Intergroup have a special email address for women who want information about our fellowship: women@saavancouver.org. If you are a woman who is concerned about her own behavior and feel more comfortable corresponding with another woman, please use this address. Your email will only be seen by a female member of this fellowship.

WHO MAY ATTEND

S.A.A. meetings are open to anyone, regardless of gender or sexual orientation, who has the desire to stop his or her addictive sexual behavior. In order to ensure that these meetings remain a safe place, we regret that friends, observers, or support persons cannot attend the closed meetings. We are willing to meet with these people outside the meetings to provide information and answer any questions.

Definitions of our meetings types are:

- Mixed** Both men and women are welcome at this meeting.
Closed Only sex addicts interested in their own recovery are welcome
Open The meeting is open to all

HOW TO CONTACT US

Website: www.saavancouver.org

Phone (voice mail) 604.290.9544

Email men@saavancouver.org
or women@saavancouver.org

Regular Mail GVSAA Intergroup
PO BOX 4941
STN Terminal
Vancouver, BC, V6B 4A6

GREATER VANCOUVER SAA MEETING LIST

MONDAY

Fresh Start

12:00 p.m. - 1p.m. - Mixed/Closed

Roundhouse Community Centre, Davie & Pacific, Room A

Genesis Group

7:30 p.m. - 9 p.m. - Mixed/Closed

Seniors Adult Day Care, Annex Building, Rear/Laneway Entrance
3076 East 49th Ave. (S.W. Corner of 49th & Kerr)

TUESDAY

Shame to Grace

5:30 - 6:30 p.m. - Mixed/Open

The Centre, 1170 Bute Street, Davie & Bute, Room G

Langley Tuesday Night Meeting

7:30 - 9:00 p.m. - Mixed/Closed

Douglas Recreation Centre, Games Room
20550 Douglas Crescent, Langley

WEDNESDAY

Wednesday Evening SAA Group

7:30 p.m. - 9 p.m. - Mixed/Closed

Holy Rosary Cathedral 650 Richards Street,
The St. Vincent Room is first door on the right

THURSDAY

Serenity at Noon

12:00 p.m. - 1:00 p.m. - Mixed/Closed

The Round House Arts & Recreation Centre
181 Roundhouse Mews, in Room A*Thursday Night "Answers in the Heart" Group*

7:30 p.m. - 9 p.m. - Mixed/ Closed

Seniors Adult Day Care, Annex Building, Rear/Laneway Entrance
3076 East 49th Ave. (S.W. Corner of 49th & Kerr)*Men's Same Sex Healthier Sexuality SAA Meeting*

7:30 pm to 9:00 pm. - Men Only/Closed

The Centre, 1170 Bute Street @ Davie, Room G

FRIDAY

GLBT & Friends

7:30 p.m. - 9:00 p.m. - Mixed/Closed

The Round House Arts and Recreation Centre
181 Roundhouse Mews, in the *Multimedia Room*

SATURDAY

Saturday Morning Awakening

10:30 a.m. - 12 p.m. - Mixed/Closed

St. Paul's Anglican Church of the West End
1140 Jervis Street. Enter off Pendrell (NE corner of the church)*How It Works*

7:30 - 9:00p.m. - Mixed/Closed

2475 Franklin (Kamloops & Franklin, Rear Entrance)

SUNDAY

Step Eleven Prayer & Meditation

11:00 a.m - 12:15 p.m. - Mixed/Closed

The Round House Arts & Recreation Centre
181 Roundhouse Mews, in the *Boardroom***Tradition 3: The only requirement for membership is a desire to stop compulsive sexual behavior.**

* Only sex addicts, or those who think they may be sex addicts, can attend meetings marked **Closed**. Anyone may attend a meeting specifically marked as **Open**.

* For an up to date listing of local and out of town meetings, please visit our website.

WOMEN IN RECOVERY

The formation of a **Women's Only** meeting is in progress. For safety reasons, the location will not be published. If you are a woman seeking recovery, please email women@saavancouver.org or call and leave a message on our help line 604-290-9544 and the date, time and location will be made available to you prior to the first meeting.

MEETINGS OUTSIDE GREATER VANCOUVER

LANGLEY

Tuesday

7:30 p.m.

Type: Mixed/Open

Douglas Recreation Centre, Games Room, 20550 Douglas Cres.
For information call Info Line at 604-838-4654

POWELL RIVER

Friday

7:30 p.m.

Lighten Up and Live It

Type: Mixed/Open (Co-Dependants welcome)

Powell River General Hospital (Conference rooms 2 & 3)
500 Joyce Ave
email: Diana C. - saa_powellriver@yahoo.com

VICTORIA

Victoria Info Line

250-592-1916

Thursday

12:00 p.m.

Type: Mixed/Closed/12/New

Saturday

11:00 a.m.

Type: Mixed/Closed/12/New

For location information call:

Alan F. at 250-889-6399 or
Steve W. at 250-598-7707

COMOX VALLEY

Interest has been expressed in starting a SAA meeting in the Comox Valley region of Vancouver Island. If you live near the Comox Valley Region and are looking for recovery from sexual addiction or dependency, please leave a message on the main GVSAA phone line or send an email indicating how you wish to be contacted.

KELOWNA

Wednesday

Sarson's Discussion Group

7:30 p.m. - 9:00 p.m.

Type: Mixed/Closed/12/New

For information call Info Line at 250-717-2993

For email write Info Line at saakelowna@yahoo.ca

ELECTRONIC MEETINGS

The International Service Organization of SAA organizes Tele-meetings, Online Meetings and Web Meetings if you cannot attend an SAA meeting in your area. Please visit the main SAA website for more information on electronic meetings. A link to the SAA Website is contained on the GVSAA link page.