

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. Read the Newcomer Package available at most meetings.
2. Make your recovery your top priority.
3. Make a commitment to attend at least 6 meetings during the next 2 weeks.
4. Find a sponsor or temporary sponsor as soon as possible (A sponsor is a sober member of SAA who guides you through the 12 Steps).
5. Begin to work the Steps with your sponsor.
6. 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.
7. 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.

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

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.

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 has 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. If you would like to speak to a woman sex addict in the Vancouver area about our program, please call (604) 290-9544 and leave a message stating a first name only and a number where you can be reached, and that you would like to speak to a woman about your situation. A female member will return your call.

What are SAA Meetings?

A Sex Addicts Anonymous meeting consists of a group of two or more individuals who - using the Twelve Steps and Twelve Traditions of SAA - meet together regularly for the purpose of recovering from their compulsive sexual behavior. A SAA meeting is a safe place. It is a gathering of equals who keep confidences, refrain from judgement, and who support one another through sharing their experience, strength and hope in seeking the common goal of recovering from sexual addiction.

What Are the Requirements for Membership in SAA?

Only the desire to recover from their compulsive sexual behavior. There are no other requirements and no members dues or fees other than voluntary contributions.

To ensure that these meetings remain a safe place, we regret that friends, observers, or support persons cannot attend the closed meetings.

GREATER VANCOUVER SAA MEETING LIST

MONDAY

Fresh Start

12:00 p.m. - 1p.m. - Mixed/Closed
Roundhouse Community Centre (check board for room details)
181 Roundhouse Mews, Vancouver

Genesis Group

7:30 p.m. - 9 p.m. - Mixed/Closed
Seniors Adult Day Centre, Annex Building, (Entrance in rear parking lot)
3076 East 49th Ave. (S.W. Corner of 49th & Kerr), Vancouver

TUESDAY

Shame to Grace

5:30 - 6:30 p.m. - Mixed/Open
Qmunity Resource Centre, 1170 Bute Street, Davie & Bute, Vancouver
(Across from Blenz), Upstairs - Room G.

Langley Tuesday Night Meeting

7:30 - 9:00 p.m. - Mixed/Closed
Douglas Recreation Centre (Games Room)
20550 Douglas Crescent, Langley

Recovery on the Inlet

7:30 p.m. - 9 p.m. - Mixed/Closed
St. Andrews United Church
2318 St. Johns Street, Port Moody

WEDNESDAY

Wednesday Evening SAA Group

7:30 p.m. - 9 p.m. - Mixed/Closed
Holy Rosary Cathedral - 650 Richards Street, Vancouver
The St. Vincent Room is first door on the right

THURSDAY

Serenity at Noon

12:00 p.m. - 1:00 p.m. - Mixed/Closed
Roundhouse Community Centre (check board for room details)
181 Roundhouse Mews, Vancouver

Thursday Night "Answers in the Heart" Group

7:30 p.m. - 9 p.m. - Mixed/ Closed
Seniors Adult Day Centre, Annex Building, (Entrance in rear parking lot)
3076 East 49th Ave. (S.W. Corner of 49th & Kerr)

Thursday Night Whiterock

7:30 p.m. - 9:00 p.m. - Mixed/Closed
First United Church (Cottonwood Room)
15385 Semiahmoo Avenue, Whiterock

FRIDAY

Friday Night Fellowship

7:30 p.m. - 9:00 p.m. - Mixed/Closed
Roundhouse Community Centre (check board for room details)
181 Roundhouse Mews, Vancouver

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, downstairs)

How It Works

7:30 - 9:00p.m. - Mixed/Closed
St. James Cottage Hospice
650 North Penticton Street, Vancouver

SUNDAY

Step Eleven Prayer & Meditation

10:00 a.m - 11:30 a.m. - Mixed/Closed
Qmunity Centre, 1170 Bute Street, Davie & Bute, (Across from Blenz)
Upstairs - Room G. Facility Doors are locked at 10:00 to 10:15 a.m. during the meditation for security reasons.

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

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

FOR AN UP TO DATE LISTING OF LOCAL AND OUT OF TOWN MEETINGS, PLEASE VISIT OUR WEBSITE REGULARLY

Tradition 3: The only requirement for membership is a desire to stop compulsive sexual behavior.

Definitions of our meetings types are:

Mixed Both men and women are welcome at this meeting.
Closed Only sex addicts, or those who think they may be sex addicts, can attend meetings marked "closed"
Open Anyone may attend a meeting specifically marked "Open"

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.