

## Are You a Sex Addict?

*"Before coming to Sex Addicts Anonymous, many of us never knew that our problem had a name. All we knew was that we couldn't control our sexual behaviour. For us, sex was a consuming way of life. Although the details of our stories were different, our problem was the same. We were addicted to sexual behaviours that we returned to over and over, despite the consequences.*

- from the Green Book of SAA, p.3

Although sex addicts may act out sexually in many different ways, there are common elements that seem to characterize our addiction:

- Powerlessness over addictive sexual behaviour.
- Resulting unmanageability of his/her life.
- Feelings of shame, pain, and self-loathing.
- Failed promises and attempts to stop acting out.
- Preoccupation with sex leading to ritual.
- Progressive worsening of negative consequences.

*"Attending SAA meetings starts us on a new way of life. But while the SAA fellowship supports our recovery, the actual work of recovery is described in the Twelve Steps. Meetings are forums for learning how to integrate the steps into our lives. Working the Twelve Steps leads to that result in Sustainable relief from our addiction."*

- from the Green Book of SAA, p.20

This pamphlet has been prepared by the Greater Vancouver Area SAA Intergroup. The GVSAA Intergroup is an autonomous fellowship that is registered with the International Service Organization of SAA. The GVSAA Intergroup is composed of registered groups of recovering sex addicts in the greater Vancouver area who follow the Twelve Steps and Twelve Traditions of SAA.

SAA is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from their sexual addiction.

The only requirement for membership is the desire to stop addictive sexual behaviour. If you are new to Twelve Step recovery and/or to SAA, we encourage you to attend one of our meetings.

[www.saavancouver.org](http://www.saavancouver.org)

GVSAA Intergroup  
PO Box 4941, Stn Terminal  
Vancouver, BC, V6B 4A6

(236) 889-5331 (text or voice mail)

**MEN:** [men@saavancouver.org](mailto:men@saavancouver.org)

**WOMEN:** [women@saavancouver.org](mailto:women@saavancouver.org)



Greater Vancouver  
Sex Addicts Anonymous

Group Meeting Schedule

## SAA MEETINGS IN VANCOUVER

### SUNDAY

**10:00am<sup>†</sup> Step 11 Prayer and Meditation** – *Mixed/Closed*  
Qmunity  
1170 Bute Street  
*The Meeting Room.*

*†Door is locked at 10:00 am. If you are late please wait outside.  
At 10:15, latecomers will be let in and doors will be locked again.*

**7:30pm Out of the Shadows** - *Mixed/Closed*  
The Recover Club  
2775 Sophia Street  
*The Spanish Room. Newcomers welcome!*

### MONDAY

**12:00pm Fresh Start Group** – *Mixed/Closed* &  
Roundhouse Community Centre  
181 Roundhouse Mews  
*Check at front desk for room location (check the chalkboard or  
ask for the "12-step meeting" at the front desk)*

**7:30pm Genesis Group** - *Mixed/Closed* &  
Seniors Adult Day Care  
3076 East 49th Avenue  
*Annex building on SW Corner; enter from parking lot behind  
building*

### TUESDAY

**5:30pm Shame to Grace** – *Mixed/Open*  
Qmunity  
1170 Bute Street  
*The Meeting Room*

### WEDNESDAY

**7:00am<sup>‡</sup> Wed. Morning Step Meeting** - *Mixed/Closed*  
Qmunity  
1170 Bute Street  
*The Meeting Room*  
*‡Please arrive on time - door needs to be locked from 7:00am to  
8:00am*

**7:30pm Wed. Evening SAA** - *Mixed/Closed*  
Holy Rosary Cathedral  
650 Richards Street  
*Enter from Richards St. through the door marked 650 (not 648).  
The meeting is in the first door on the left.*

### THURSDAY

**12:00pm Serenity at Noon** – *Mixed/Closed* &  
Roundhouse Community Centre  
181 Roundhouse Mews  
*Check at front desk for room location (check the chalkboard or  
ask for the "12-step meeting" at the front desk)*

## THURSDAY continued

**7:30pm Answers in the Heart** - *Mixed/Closed* &  
Seniors Adult Day Care  
3076 East 49th Avenue  
*Annex building on SW Corner; enter from parking lot behind  
building*

### FRIDAY

**7:00am Voices in Recovery** - *Mixed/Closed*  
Recovery Club  
2775 Sophia Street

**12:00pm Solutions Group** - *Mixed/Closed* &  
Roundhouse Community Centre  
181 Roundhouse Mews  
*Room A or the Music Room*

**7:00pm Women's Meeting** – *Women Only/Closed*  
Edgewood Health Network  
1525 West 7th Avenue (west of Granville)  
*2nd floor*

**7:30pm Friday Night Fellowship** - *Mixed/Closed*  
St Andrew's-Wesley United Church  
1018 Nelson Street  
*The south side of Nelson, ¼ block west of Burrard. Use the door  
under the "Church Office" sign*

### SATURDAY

**10:30am Saturday Morning Awakening** - *Mixed/Closed*  
St Paul's Anglican Church  
1140 Jervis Street  
*Enter on Pendrell St. NE corner of the building, downstairs.*

**7:30pm How It Works** - *Mixed/Closed* &  
St James Cottage Hospice  
650 North Penticton Street  
*Meeting room is on North side of building (basement entrance),  
in Burrard View Park. Please do not park in Hospice parking lot.*

#### LEGEND:

**"Mixed"** - open to all genders

**"Closed"** - open to sex addicts only (and  
newcomers who think they may have a sexual  
addiction)

**"Open"** - open to both sex addicts and those  
who want to learn about SAA

& - wheelchair accessible.

**Newcomers are welcome at all meetings.**

## SAA MEETINGS OUTSIDE VANCOUVER

### MONDAY

**7:00pm Monday Evening SAA** - *Men Only/Open*  
Chilliwack Seniors Centre  
9400 College Street **CHILLIWACK**  
For more info, please email: [saa.chilliwack@gmail.com](mailto:saa.chilliwack@gmail.com)

**HIP Monday Night SAA Meeting**  
For more info, please call Dave F: (250) 807 4587  
**KELOWNA**

### TUESDAY

**6:30pm Tuesday Evening SAA** - *Men Only/Open*  
St Matthew's Church  
2010 Guilford Street **ABBOTSFORD**

**7:30pm Tuesday Meeting** *Mixed/Open* &  
Douglas Recreation Centre  
20550 Douglas Crescent **LANGLEY**  
*Games Room*

**7:30pm Recovery on The Inlet** - *Mixed/Closed*  
*New location for the summer (possibly permanent):*  
Port Moody Recreation Complex  
300 loco Road **PORT MOODY**  
*Room 3*

### WEDNESDAY

**1:00 pm Wednesday Bowen Island** - *Mixed/Closed*  
For more info, please call Greg at (604) 340-8056

**7:30pm Royal City Recovery** - *Mixed/Closed*  
The Russel Residence & Housing Centre  
740 Carnarvon Street **NEW WESTMINSTER**  
*Carnarvon & Alexander St intersection (use side entrance)*

**7:30pm Serenity On The Hill** - *Mixed/Closed*  
The Church On Oxford Hill,  
1519 Oxford Street **WHITE ROCK**  
*Door directly off parking lot*

If you would like to speak to someone in our  
fellowship before attending your first  
meeting, please call or text: **236 889 5331**.  
Leave a message and someone will get back  
to you.

This meeting list is accurate as of June 2019

For the most up-to-date list of all meetings  
in BC Please visit our website:

[www.saavancouver.org](http://www.saavancouver.org)