



SA
Supports
For Edmonton

SRA - Sexual Recovery Anonymous

Sexual Recovery Anonymous (SRA) 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.

The only requirement for membership is a desire to stop compulsive sexual behavior. There are no dues or fees for SRA membership; we are self-supporting through our own contributions. SRA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Our primary purpose is to stay sexually sober and help others achieve sobriety. SRA defines sexual sobriety as, “the release of all compulsive and destructive sexual behaviours. We have found through our experience that sobriety includes freedom from masturbation and sex outside a mutually committed relationship.”

We believe that spirituality and self-love are antidotes to the addiction. We are walking towards a healthy sexuality.

Meetings and Contact Information:

Website: <http://www.sexualrecovery.org/>



SA – Sexaholics Anonymous

SA – Sexaholics Anonymous defines sobriety as, “any form of sex with one’s self or with partners other than the spouse is progressively addictive and destructive.”

Sexaholics Anonymous 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. This is a program of recovery for those who want to stop their sexually self-destructive thinking and behaviour. This recovery program is based on the principles of AA and uses its Twelve Steps and Twelve Traditions.

Meetings and Contact Information

SA has regular fellowship meetings in the Edmonton area as follows:

Monday 7:30 p.m. - St. Albert (1 Hour)

Tuesday 7:30 p.m. - Downtown (90 Minutes)

Wednesday noon - Downtown (1 Hour)

Thursday 7:30 p.m. - Downtown (90 Minutes)

Friday noon - Downtown (1 Hour)

Saturday 8:00 a.m. - West end (90 Minutes)

Saturday 6:30 p.m. - Near downtown (90 Minutes)

Sorry, but we do not advertise exact meeting locations.

If you are interested in Sexaholics Anonymous, please call our phone line at 780-988-4411 (or send an email to essayedmonton@yahoo.ca) with your phone number and the best time to return your call. A member of Edmonton SA will respond. ***Please provide only your contact information – NOT details about your situation.*** Male inquirers will be contacted by a man; female inquirers by a woman.

We do not leave messages unless you specifically say we may do so. And you must accept calls from blocked numbers.

SAA – Sex Addicts Anonymous

SAA is a 12 step group for those who suffer from sexual addiction, pornography addiction and sexual avoidance. Through long and painful experience, we came to realize that we were powerless over our sexual thoughts and behaviors and that our preoccupation was causing progressively severe adverse consequences for us, our families, and our friends. Despite many failed promises to ourselves and attempts to change, we discovered that when it came to acting out sexually, or acting in with sexual anorexia, we were unable to stop by ourselves. Period.

Many of us came to this realization when we started attending SAA meetings. We heard stories similar to ours and realized that recovery was possible. We learned that we were not hopelessly defective.

Sex Addiction, Porn Addiction, and Sex Avoidance Addiction is a disease affecting the mind, body and spirit. It is progressive, with the behavior and consequences becoming more severe over time. Like an allergy, we experience it as a compulsion, an urge

stronger than our will to resist, and as an obsession, a mental preoccupation with sexual behaviors and fantasies. We call this acting out.

Acting out alters our feelings and consciousness, a very desirable state. The obsessions and rituals that lead up to the sex act are part of the high. These desires are irresistible, persistent, and insatiable. When we act out, the urge doesn't go away. As the costs add up, the more we try to control it, the amount needed for the high increases.

Some come to SAA frozen, avoiding sex for long periods of time, some former active sex addicts become compulsively avoidant. Some experienced both, acting out outside a relationship, yet avoidance within the relationship or cycle through periods of acting out and acting in. We call acting out the tip of the iceberg, and acting in that which hides beneath the surface. Social anxiety, weight gain, fantasy, excessive shame, religiosity, drama and arguments, denial of sexual orientation are but a few of the motives that make it easier to succumb to compulsive behaviors that block our awakening. Only our feelings and our wounds were holding us back, help was here.

We were unable to stop on our own. The pleas and threats of those around us didn't help. We chose sex and romantic obsession over what we cherished most and it distorted our thinking. It became a way to escape our feelings and responsibilities. We would slip into a trance and lead a double life. Our time was being spent managing the crises that arose as the result of our activities, as we violated our values, and became filled with deceit. We felt spiritually empty. The disease has a life and agenda of its own.

Sexual addiction, Pornography Addiction, Sexual Anorexia often has its roots in shame, and has the potential to kill, injure, infect, or incarcerate us in a jail or institution. So recovery is a personal spiritual program that treats the roots, the causes and conditions, of our acting out behaviors.

We found in each other what we could find nowhere else: people who knew the depth of our pain. Together we found hope and the care of a loving Higher Power. Our commitment is to help others recover from sexual addiction, just as we have been helped. There are no requirements for membership other than the desire to be sober, no dues nor fees, we are non-professional and self supporting.

If you are in crisis, please contact the Edmonton 24-Hour Distress *Line*: 780-482-HELP(4357), or visit www.thesupportnetwork.com/

Meetings and Contact Information

Meetings are Monday, Wednesday, Friday, and Saturday. For more information: 429-9886

<http://www.sexaa.org/SAALiterature/English/GreenBook/> or <http://www.sexaa.org>
email: edmontonsaa@gmail.com

Group for Females:



SCA – Sexual Compulsives Anonymous

Sexual Compulsives Anonymous 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 sexual compulsion. The only requirement for membership is a desire to stop having compulsive sex. There are no dues or fees for SCA membership; we are self-supporting through our own contributions. SCA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

Sexual Compulsives Anonymous is a 12-Step fellowship, inclusive of all sexual orientations, open to anyone with a desire to recover from sexual compulsion, and sexual addiction. SCA is a spiritual program that provides a safe environment for working on problems related to sexual compulsion, sex addiction, and sexual sobriety.

Our primary purpose is to stay sexually sober and to help others to achieve sexual sobriety. Members are

encouraged to develop their own sexual recovery plan and to define sexual sobriety for themselves. We are not here to repress our God given sexuality, but to learn how to express it in ways that will not make unreasonable demands on our time and energy, place us in legal jeopardy - or endanger our mental, physical or spiritual health.

Meetings and Contact Information:

Website: <http://www.scatoronto.org/>

SLAA – Sex and Love Addicts Anonymous

Sex and Love Addicts Anonymous, or S.L.A.A., is a Twelve Step, Twelve Tradition oriented Fellowship of men and women who help each other to stay sober. We offer help to anyone who has a sex addiction or love addiction or both and wants to do something about it. We S.L.A.A.'s have a special understanding of each other and the disease, and we have learned how to recover through [The Twelve Steps of S.L.A.A.](#)

We in S.L.A.A. believe that sex and love addiction is a progressive illness which cannot be cured but which, like many illnesses, can be arrested. It may take several forms—including, but not limited to a compulsive need for sex, extreme dependency on one or many people, or a chronic preoccupation with romance, intrigue, or fantasy. An obsessive compulsive pattern, either sexual or emotional, or both, exists in which relationships or sexual activities have become increasingly destructive to career, family and sense of self-respect. Sex addiction and love addiction, if left unchecked, always gets worse. However, if we follow a simple program which has

proven successful for scores of other men and women with the same illness, we can recover. Only you can determine if you are a sex and love addict. Answering [The 40 Questions for Self-Diagnosis](#) will help you make this decision.

We suggest attending [S.L.A.A. meetings](#) as often as you can. Many of us chose to attend several meetings a week, or even daily. We discovered that we were not alone in our addiction. We found support in the Fellowship, and began to address our patterns of destructive behavior. Other meetings of 12 Step-oriented fellowships can also be helpful, or you may consider attending [online and telephone meetings](#).

We suggest that you obtain some [S.L.A.A. literature](#) and learn more about S.L.A.A. and about sex and love addiction by visiting the "Learn More" area via the menu tabs at the top of this page.

We maintain confidentiality, and refrain from disclosing names or identifying group members outside our meetings. We understand anonymity to be critical to the foundation of our recovery.

What does it cost?

S.L.A.A. groups are self-supporting, declining outside contributions. There are no dues or fees required to attend an S.L.A.A. meeting. Voluntary contributions from members are used for expenses such as rent. No one is ever obligated to make any donation at an S.L.A.A. meeting.

Meetings and Contact Information:

Phone: 780 423-1315

website: <http://www.slaafws.org/>



COSA – Codependents of Sex Addicts

COSA is a twelve-step recovery program for men and women whose lives have been affected by another person's compulsive sexual behavior.

Adapted from Alcoholics Anonymous and Al-Anon, COSA is a program for our spiritual development, no matter what our religious beliefs. As we meet to share our experience, strength, and hope while working the twelve steps, we grow stronger in spirit. We begin to lead our lives more serenely and in deeper fulfillment, little by little, one day at a time. Only in this way can we be of help to others. COSA is:

- An anonymous twelve-step fellowship
- Self-supported through the weekly voluntary contributions of members
- Not affiliated with outside organizations, including treatment centers, religions, or therapy

ISO of COSA Diversity Statement

COSA Diversity is consistent with the Third Tradition of COSA, which states that the only requirement for

COSA membership is that our lives have been affected by compulsive sexual behavior.

The COSA Fellowship welcomes all genders, all varieties of relationship to the addict, all religious and spiritual preferences, all employment statuses, all marital statuses, all ethnicities, cultures, and languages. COSA does not discriminate on the basis of class, sexual orientation or gender identification, physical or mental challenges, race, or national origins.

In COSA, we find hope whether or not there is a sexually addicted person currently in our lives. COSA Diversity is consistent with the First Tradition of COSA, which states that our common welfare should come first, personal recovery depends upon COSA unity.

Meetings and Contact Information:

You can contact cosaedmonton@gmail.com. This is the companion group to Sex Addicts Anonymous and whether their partners attend the SAA meetings or

not, all partners of sex addicts will be welcome at this group. The start date is March 20th at 7:30 Pm.



Facing the Shadow Task Group

These are closed groups with a maximum of eight members. New members cannot join once the group begins. One hour of pre-group interview/therapy with one of the facilitators is required for admission to the group.

We will use the workbook *Facing the Shadow* by Patrick Carnes. Books will be provided. The groups will focus on Carnes' recovery tasks as presented in the workbook. Some homework will be expected. This is an opportunity to share, receive feedback and to learn from other members.

The facilitator is Robert Kaminsky. Robert is an experienced addictions counsellor and group therapist. He is also a Provisional Psychologist and a Certified Sex Addiction Therapist in training with Patrick Carnes the leading author and researcher in the field of sex addiction. Please see our web site, www.recoveryonpurpose.com, for more information on our therapy.

The cost for each module is \$500.00 payable by

cheque to Recovery On Purpose. At the end of the group, receipts will be issued for nine hours of group therapy. Check your health plan as you may be eligible for reimbursement by your insurer.

Please phone 780-686-7018 if you have questions.

Facilitated by :

Recovery On Purpose Counselling Services

#900 10665 Jasper Avenue

Edmonton, AB T5J 3S9

Phone (780) 686-7018

www.recoveryonpurpose.com

Next group runs April 12 to May 24, 2013

Hours: 6:30 to 8:00 p.m.