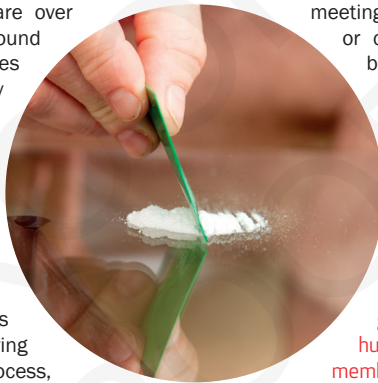


# ARE DRUGS, ALCOHOL OR MIND ALTERING SUBSTANCES RUINING YOUR LIFE?

Can't stop using? **We have a solution, we can help, we're here and we're free**

**C**ocaine Anonymous is global a fellowship that helps those with a desire to stop using cocaine and all other mind altering substances where this has become a major problem in their life's

The fellowship kicked off in the USA in the 1980s and meetings have grown over the years in numbers, currently there are over 2000 weekly meetings held around the world, in England and Wales there are more than 350 weekly meetings and approximately 100 meetings held in hospitals and institutions, we are a 12-step fellowship that offers a solution to those suffering with any mind altering addictions, all are welcome. It is suggested to find a sponsor at the meetings to take the individual suffering addict through the 12 step process, there are no dues or fees for membership we are fully self supporting through our own contributions, CA is not a religious organisation and we have strong requirements of anonymity which allows addicts to attend meetings without fear of legal or social repercussions. Our fellowship has had



ongoing surveys that take place and it shows that the majority of the fellowship are a years abstinence away from a wide range of different drugs and or alcohol and their lives and families have been transformed. We invite those that are seeking help to come along to a meeting, to find a local meeting near you please see our website or contact us on our free helpline below for further details.

Due to the COVID-19 spread Cocaine Anonymous's face-to-face meetings have been called off. Our meetings have now moved online and are still available for anyone with a desire to stop using drugs or alcohol, we still continue to grow strong as a fellowship with hundreds of CA members and new members meeting online each day across the world. New members are more than welcome to join us, we continue to help those suffering with alcohol and any drug problems, if you need any help or any other information please click on the link below or call us to get connected to this fellowship and seek help and get a new solution.

“Hi my name is JK I came into recovery aged 36 I had 22 years of addictions which took me to the gates of hell and back. Life in and out of prison, hospitals and institutions. I felt like my life was over this was it! Then I got introduced to Cocaine Anonymous through a H and I meeting (Hospitals and Institutions) and heard the message of hope. I continued to attend meetings and got a sponsor, suddenly my whole life changed. I am now 18 years clean and sober, married with a great carer, but most of all my obsession to use and drink has been removed. That is what is on offer...Permanent sobriety one day at a time.”

*Anonymous member, Feb 2020*



**WE CAN HELP, WE'RE HERE AND WE'RE FREE**

**www.centralukca.co.uk | 0800 689 4732**