

What is CMA? **1

Crystal Meth Anonymous is a fellowship of men and women for whom all drugs, specifically CRYSTAL METH, have become a problem. The ONLY requirement for membership is a desire to stay clean and to lead a sober life. There are no dues or fees for membership. Each group is expected to be self supporting through it's own contributions.

The TWELVE STEPS of our program provide us with a plan to build a better and sober life. We believe that if we work these simple steps, we will live a life that is free of active addiction.

Meetings

Name	The Newcomer Tweakerz Meeting
Day & Time	Sunday @ 5:30 pm – 6:30 pm
Location	North Shores Alano Club
Address	4861 Cass Street @ Law St.
Room	Small Room on the first floor
Name	Unspun
Day & Time	Sunday @ 7pm - 8pm
Location	University Christian Church
Address	Across from Hillcrest Post Office
Room	3900 Cleveland St. @ Richmond St.
Name	The Tuesday Step Meeting
Day & Time	Tuesday @ 5:45 – 6:45 pm
Location	Twiggs Meeting Space
Address	4590 Park Blvd. @ Madison Ave.
Room	Next to the coffee shop
Name	H&I @ Stepping Stone
Day & Time	Tuesday @ 8:15pm - 9:15pm
Location	Stepping Stone Residential
Address	City Heights
Room	3767 Central Ave. @ Wightman
	In "Grand Central"

ARE YOU A TWEAKER? **2

It doesn't matter what you call it. It doesn't matter how you did it. It brought us to our knees, because, without exception, that's what it does.

Is speed a problem in your life? Are you an addict? Only you can answer those questions. For most of us who have admitted defeat, the answer is very clear. Yes, we had a problem with speed, and no, we couldn't fix the problem by ourselves. We had to admit defeat to win. Speed was our master.

We couldn't control our drug use and we soon found ourselves beyond human aid. We truly suffered from a lack of power to fix our problem.

Most of us saw no way out, believing that we would use until the day we died.

Almost universally, if we had an honest moment, we found that our drug use made seemingly insurmountable problems in our lives.

The only way out was if we had the courage to admit that speed, our one time friend, was killing us.

It doesn't matter how you got here. The courts sent some of us; others came for family or friends, and some of us came to CMA on our own. The question is if you want help and are willing to go to any lengths to change your life.

Name	Crystal Clear
Day & Time	Wednesday @ 5:45pm – 6:45pm
Location	Live & Let Live Alano Club
Address	University Heights
Room	1730 Monroe Ave. @ Park Ave.
	The "Small Room" in the back
Name	Sex & Relationships in Sobriety
Day & Time	Thursday @ 6:30pm – 7:30pm
Location	Being Alive Education Center
Address	Suite 150, Mom's Pharmacy
	3940 4th Ave. @ Washington
Name	H&I @ Veterans Village San Diego
Day & Time	Thursday 7 pm - 8 pm
Visitors	Must sign in at front desk for entry.
Address	4141 Pacific Highway, 92110
Room	May vary, please ask at front desk.
Name	There Is A Solution
Day & Time	Friday 6:00 -7:00 PM
Location	The Center
Address	3909 Centre St, SD, CA 92103
Note	Group Room 2 - Room location may vary pending facility availability.
Name	Nightlife Meeting of CMA
Day & Time	Friday @ 9pm - 10pm
Location	University Christian Church
Address	Across from Hillcrest Post Office
Room	3900 Cleveland St. @ Richmond
	Upstairs in Room #205
Name	Life Supports Meeting of CMA
Day & Time	Saturday @ 3:15pm – 4:15pm
Location	Live and Let Live Alano Club
Address	1730 Monroe Ave. @ Park
	University Heights
Room	The "Small Room" in the back
Name	Saturday Night New Comers
	Round Robin
Day & Time	Saturday @ 7pm - 8pm
Location	University Christian Church
Address	Across from Hillcrest Post Office
Room	3900 Cleveland St. @ Richmond
	Upstairs in Room #205