

NOTE:

"All Speakers and Workshops are held in the Ballroom A-B-C unless otherwise noted."

Friday November 7, 2003

5:00 PM - Conference Opens
Registration begins

8:00 PM - Opening Ceremonies (Chair - Ray W.)

- * 8:15 PM - **Opening Speaker:**
Charles L. (Kingston, ON) (Chair Ray W)

10:30 PM - Alonzo B. **Comedy Act**
(Adult Attendance)

Saturday November 8, 2003

- * 10:00 AM - **Workshop - Why, How & Now, C.A.**
with Carla, Jackie & Charlie (Chair - Sean R)

- * 11:45 AM - **Local Speaker: Kurt L.** (Chair - Amber E)

- * 1:30 PM - **Workshop - Relationships.....**
with Terry Weller (Chair - Billy S.)

- * 3:00 PM - **Local Speaker: Annie C.** (Chair - Judy M)

6:00 PM - Banquet Hall opens

6:30 PM - Banquet served

7:30 PM - Auction (Hosted by Jim W)

- * 8:30 PM - **Keynote Speaker -**
Carla S. (West L.A.) (Chair - Shelley W)
- 11:00 PM - Entertainment - Dance & Karaoke

RECORDINGS:

"All Speakers and Workshops
marked with * available for purchase"

Sunday November 9, 2003

- * 9:00 AM - **Workshop - Meditation**
with Deanna & Juan V. (Chair - Mike G)

11:00 AM - Brunch

12:00 PM - Silent Auction Results

12:15 PM: - **Soberity Countdown** (Dorian C)

2004 Logo Selection

- * **Closing Speaker - Alonzo B.**
(San Fernando Valley) (Chair - Rob B.)

Closing Ceremonies

PLEASE NOTE: "Workshops are not meetings of Cocaine Anonymous. The opinions expressed in workshops are those of the speakers, leaders, and participants and are not necessarily representative of Cocaine Anonymous as a whole."



TORCA VII
SOUTHERN ONTARIO AREA
CONVENTION
NOVEMBER 7, 8, 9, 2003

Marathon Meetings

****All Marathon Meetings in the
Courtyard Room****

Friday November 7, 2003

6:00 PM - Steps 1, 2, 3

7:00 PM - Freedom Through Acceptance

10:00 PM - Steps 6 & 7

11:00 PM - The 13th Step...Why is it wrong?

Saturday November 8, 2003

12:00 AM - Procrastination

8:00 AM - Lack Of Power Was Our Dilemma

9:00 AM - Step 4

10:00AM - Expectations

11:00 AM - Step 1

12:00 PM - Cunning, Baffling & Powerful

1:00 PM - Step 2

2:00 PM - Willingness Is The Key

3:00 PM - Step 3

4:00 PM - Temptations

5:00 PM - Self-Awareness

6:00 PM - Living In The Moment

7:00 PM - Progress Not Perfection

11:00 PM - Step 12

Sunday November 9, 2003

12:00 AM - Egotism

1:00 AM - Learning To Deal With Anger

8:00 AM - Self-Esteem

9:00 AM - Steps 8 & 9

10:00 AM - Steps 10 & 11

11:00 AM - Balance

HOSPITALITY ROOM - Essex Lounge
Coffee, Refreshments & Fellowship
Open 24 hours