

## OA APPROVED MEETING OPTIONS

For a comprehensive list of Face-to-Face, Telephone or Online meetings:

<https://oa.org/find-a-meeting/>

Connecticut Intergroup meets the third Monday of each month at 7 PM Elmwood Community Church, 26 Newington Rd, West Hartford, CT 06110  
Contact Tom (917) 952-7052.

### SPECIAL FOCUS OA MEETINGS

#### Newcomers/Renewal

For those new to OA and for those OA members who want to renew or refresh their own OA recovery.  
Wednesday 7 PM – Recovery Club, 118 Palisado Ave, Windsor, Ct.

### FOR MEETINGS IN OTHER AREAS

- Southwestern Connecticut Intergroup: 203-781-9470
- Southeastern CT Intergroup: 860-464-1214
- Central MA Intergroup: 508-754-7712
- Western MA Intergroup: 413-783-4198

#### Region 6 Treasurer

PO Box 644  
Peabody, MA 01960  
[www.oaregion6.org](http://www.oaregion6.org)

#### World Service Office

P.O. Box 44020  
Rio Rancho, NM 87174-4020  
[www.oa.org](http://www.oa.org)

To Report changes or corrections to this meeting list

Email: [connecticutoa@gmail.com](mailto:connecticutoa@gmail.com)

Address: Connecticut OA Intergroup  
PO Box 331472  
West Hartford, CT. 06133  
Group #09054



**OVEREATERS  
ANONYMOUS®**



**CONNECTICUT INTERGROUP**

**MEETING LIST**

(NORTHERN CONNECTICUT)

**Updated October 2017**

visit us at

**[www.ConnecticutOA.org](http://www.ConnecticutOA.org)**

**860-840-2475**

### WHAT IS OA?

OA is a fellowship of individuals who, through shared experience, strength and hope, are recovering from *compulsive overeating*. We welcome everyone who wants to stop eating compulsively.

### IS OA FOR YOU?

Only you can decide that question, no one else can make that decision for you. We who are now in OA have found a way of life that enables us to live without the need for excess food. We believe that compulsive overeating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested.

**Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.**

## **MONDAY**

### **AVON - 7:00 PM (Group #324020)**

Format: Varies

West Avon Cong. Church, 280 Country Club Rd

Contact: Alyssa (860) 521-4936

### **CANAAN - 7 PM (Group #48402)**

Pilgrim House, 30 Granite Ave

Contact: Martha (860) 459-9286

### **EAST HARTFORD – 1 PM (Group #52864 )**

Faith Lutheran Church, 1120 Silver Lane

Contact: Leslie (860) 404-9496

### **MANCHESTER – 5 PM (Group #34273)**

Format: Voices of Recovery

St. Mary's Church, Corner of Park and Church

Contact: Wendy (860) 646-7844

### **MIDDLETOWN – 6:45 PM (Group #30227)**

Format: Big Book

Holy Trinity Church, 381 Main Near Amato's Toys

Contact: Michelle (860) 643-5053

## **TUESDAY**

### **NEW BRITAIN – 7:00 PM (Group #52542)**

Format: Big Book Step Study

One Liberty Square Office Building

Corner of Chestnut and Elm Street

Contact: Wayne (860) 558-5354

### **HEBRON/AMSTON – 7:15 PM (Group #54929)**

Format: Together We Can

Christ Lutheran Church

330 Church St

Contact: Amy (860) 208-2809

## **WEDNESDAY**

### **BRISTOL – 10AM (Group# 53363)**

Format: Varies

Bristol Recovery Club, 67 West Street

Contact: MaryLynne (860) 992-5989

### **EAST HARTFORD – 10 AM (Group #38886)**

Format: Step

Faith Lutheran Church, 1120 Silver Lane

Contact: Marie (860) 872-0426 or

Phyllis (860) 228-341

### **SOUTHINGTON – 5:30 PM (Group #34617)**

Format: Step

St Paul's Church, 145 Main St

Contact: Elaine (860) 747-6247

### **WINDSOR – 7 PM (Group #40872)**

Format: Focus on Newcomers/Renewal

Recovery Club, 118 Palisado Ave, Windsor, Ct.

Contact: Antonia (860) 219-9857

## **THURSDAY**

### **WINSTED 10:00 AM (Group #54981)**

Format: 12 Steps & 12 Traditions

First Church of Winsted

95 North Main Street

Contact: Sandra (978) 322-0423

### **EAST HARTFORD 5:30 PM (Group #45971)**

Format: OA 12 & 12 Meeting

Faith Lutheran Church, 1120 Silver Lane, East Hartford

Contact: Jim (530) 350-0960

### **WEST HARTFORD – 6 PM (Group #52697)**

Format: Big Book Step/AA 12 & 12

Universalist Church, 433 Fern St - Meditation Room,

West Hartford, Ct 06107

Contact: Rebecca (860) 543-3055

### **CANTON/COLLINSVILLE – 7 PM (Group #50693)**

Format: Step Meeting

Collinsville Congregational Church, 7 South Street

Contact: Edie (860) 459-9686

### **NEW BRITAIN – 7:00 PM (Group #53169)**

Format: Men's OA Step Meeting

One Liberty Square Office Building

Corner of Chestnut and Elm Street

Contact: Wayne (860) 558-5354

## **FRIDAY**

### **SOUTHINGTON – 5:30 PM (Group #36214)**

Format: OA Brown Book

St Paul's Church, 145 Main Street

Contact: Mike (860) 344-9484

## **SATURDAY**

### **BRISTOL – 11 AM (Group #49817)**

Format: OA Literature Discussion Group

Bristol Hospital, 41 Brewster Road – in Cafeteria

Contact: Stan (860) 681-3937

### **ROCKVILLE – 10 AM (Group #38136)**

Format: OA Brown Book

Rockville Hospital, 31 Union Street

Contact: Sharon (860) 305-9680

### **TORRINGTON – 9 AM (Group #53629)**

Format: Varies

Charlotte Hungerford Hospital

540 Litchfield Street

Contact: Gina (860) 989-8724

### **WEST HARTFORD – 9:30 AM (Group #37359)**

Format: As Bill Sees It

Westminster Presbyterian Church

Corner of Boulevard and Ridgewood

Contact: Judi (860) 232-5742

### **WILLIMANTIC – 10 AM (Group #19270)**

Format: Varies

Windham Memorial Hospital, 112 Mansfield Ave.

Contact: Phyllis (860) 228-3416 or

Leslie (860) 455-9782

## **SUNDAY**

### **ROCKVILLE – 10 AM (Group #54920)**

Format: AA 12 & 12

Rockville General Hospital, 31 Union Street

Contact Lois (860) 871-8919

### **UNIONVILLE – 7 PM (Group #51837)**

Format: Big Book

1st Church of Christ, 61 Main St

Contact Robin (860) 693-1969

### **MERIDEN – 7 PM (Group #56082)**

Format: OA 12 & 12

Connecticut Baptist Homes

292 Thorpe Avenue, Game Room

Contact Sharon K (860) 770-1557