

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 Wayne (917) 558-5354.

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

World Service Office

P.O. Box 44020
Rio Rancho, NM 87174-4020
www.oa.org

To Report changes or corrections to this meeting list

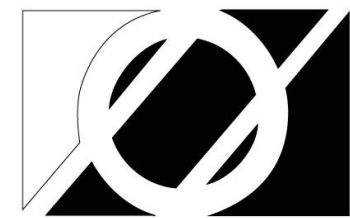
Email: connecticutoa@gmail.com

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



www.connecticutoa.org

OVEREATERS ANONYMOUS®



CONNECTICUT INTERGROUP

MEETING LIST

(NORTHERN CONNECTICUT)

Updated March 2018

visit us at

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

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

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

OAKVILLE - 7 PM (Group #35269)

Format: Literature and podcast
All Saints Episcopal Church, 262 Main Street
Contact: Shirley (203) 841-7444

TUESDAY

ENFIELD – 6-7 PM (Group #56360)

Felician Sisters, 1315 Enfield St
Contact: Susan (860) 719-1984

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: Lois (860) 871-8919

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