

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
St. John's Episcopal Church, Hubbard Hall
679 Farmington Avenue
West Hartford, CT 06110
Contact Wayne (860) 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 2020

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.

SUNDAY

UNIONVILLE – 7 PM (Group #51837)

Format: Step Study

1st Church of Christ, 61 Main St

Contact Robin (860) 693-1969

MONDAY

EAST HARTFORD – 1 PM (Group #52864)

Faith Lutheran Church, 1120 Silver Lane

Contact: Leslie (860) 404-9496

MANCHESTER – 5 PM (Group #34273)

Format: Just For Today

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

Contact: Wendy (860) 614-6143

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 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

TUESDAY

ENFIELD – 6-7 PM (Group #56360)

Felician Sisters, 1315 Enfield St

Contact: Susan (860) 719-1984

NEW BRITAIN – 7 PM (Group #52542)

Format: Big Book Step Study

One Liberty Square Office Bldg, Chestnut/Elm

Contact: Laura (860) 508-5948

WEDNESDAY

BRISTOL – 10AM (Group# 53363)

Format: Varies

Bristol Recovery Club, 67 West Street

Contact: MaryLynne (860) 992-5489

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

Enter lower level door at the back of the church

Contact: Elaine (860) 543-2201

THOMASTON – 7 PM (Group #56938)

Format: Literature Meeting 1-4th, speaker 5th

First Congregational Church, 130 Main St

Contact: DianaEve (860) 478-7522

WINDSOR – 7 PM (Group #40872)

Format: Focus on Newcomers/Renewal

Recovery Club, 118 Palisado Ave, Windsor, Ct.

Contact: Mary (860) 277-6932

THURSDAY

WEST HARTFORD – 6 PM (Group #52697)

Format: Big Book Step/AA 12 & 12

Universalist Church, 433 Fern St - Meditation Room

Contact: Rebecca (860) 543-3055

AMSTON – 7 PM (Group #54929)

Format: Together We Can

Christ Lutheran Church, 330 Church St

Contact: Amy (860) 208-2809

CANTON/COLLINSVILLE – 7 PM (Group #50693)

Format: Step Meeting

Collinsville Congregational Church, 7 South Street

Contact: Donna G (860) 810-8392

NEW BRITAIN – 7 PM (Group #53169)

Format: Men's OA Step Meeting

One Liberty Square Office Bldg, Chestnut/Elm

Contact: Tom (917) 952-7052

SHARON – 7 PM (Group #57140)

Sharon Hospital, 50 Hospital Hill Rd

Basement Level, Cafeteria

Contact: Rachel (860) 318-1687

FRIDAY

NEW HARTFORD – 10 AM (Group #57155)

Format: Big Book

Iron Horse Strength & Fitness, 37 Greenwoods Rd

Contact: Edie (860) 459-9686

SOUTHINGTON – 5:30 PM (Group #36214)

Format: OA Brown Book

St Paul's Church, 145 Main Street

Enter lower level door at the back of the church

Contact: Julie (510) 701-1924

SATURDAY

TORRINGTON – 9 AM (Group #53629)

Format: Varies

The Hungerford Center, 780 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.

Please enter through the Shea entrance

Contact: Phyllis (860) 228-3416 or

Leslie (860) 455-9782

ROCKVILLE – 10 AM (Group #38136)

Format: OA Brown Book

Rockville Hospital, 31 Union Street

Contact: Lois (860) 871-8919

BRISTOL – 11 AM (Group #49817)

Format: OA Literature Discussion Group

Bristol Hospital, 41 Brewster Road – in Cafeteria

Contact: Laura (203) 768-9189