

INTERGROUPE OA
FRANCAIS DE L'OUTAOUAIS
Français/ French

Mardi 19h00 a 20h00
Église Our Lady of Victory,
490, rue Charles
Gatineau (Buckingham)*

Mercredi 19h30 a 20h30
Église Notre-Dame de-l'île,
115, boul. Sacré-Cœur
(Portes vitrées)
Gatineau (Hull)

*Accès au personnel à
mobilité réduite
Information:

Vendredi 19h00 a 20h00
Centre Inter-Section
1232, boul. St – René Ouest
Gatineau

www.oa-ottawa.ca/loutaouais

2e et 4e samedi du mois
09h30 a 11h00
Cap-Sante Outaouais, Salle 304,
92 boul. St-Raymond
(Si 5e samedi pas de réunion)
Gatineau (Hull)

Call: 613-820-5669

(Bilingue / Bilingual)



OTTAWA DISTRICT INTERGROUP

and

SEAWAY DISTRICT INTERGROUP

(Seaway District Intergroups indicated with an "*" updates as of April 2017)

MEETING LISTS

(Updated June 2017)

Overeaters Anonymous 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. There are no dues or fees for members: we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine: we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the twelve steps of OA to those who still suffer.

Website: www.aa-ottawa.ca

Email: aaottawa@hotmail.com

Telephone: 613-820-5669

Ottawa

Monday 9:30 a.m.

Nepean Museum
16 Rowley Ave.
OA 12&12

Monday 7:00 P.M.

Royal Canadian Legion Bells Corners,
4026 OLD Richmond Road

Big Book/Closed Meeting except on the last Monday of the month which is an Open speaker meeting.)

Monday 7:30 P.M.

Contact: Paul
Phone: 613-748-3379

Overbrook Beginners

Richelieu-Vanier Comm. Centre,
300 Des Peres Blancs Ave.
Focus: **Newcomers**

Tuesday 12:00 P.M.

First Baptist Church
140 Laurier Ave. West at Elgin St.

Wednesday 7:00 P.M.

Rainbow Meeting
Hintonburg Community Centre
1064 Wellington Street
OA 12 & 12

Closed Meeting except on the 2nd Wednesday of the month which is an Open Speaker meeting.

NEWCOMERS WELCOME

Friday 11:00 A.M.

(1:00 p.m. for July only)
Nepean Museum.
16 Rowley Avenue

Big Book

Friday 7:00 P.M.

Jack Purcell Community Centre
320 Jack Purcell Lane, Rm 201

Saturday 9:00 A. M.

McNabb Comm. Centre
180 Percy Street at Gladstone St.

Closed Meeting

Saturday 11:00 A.M.

McNabb Comm. Centre
180 Percy Street

Sunday 9:30 A.M.

McNabb Comm. Centre
180 Percy Street

Brockville *

Tuesday 6:00 P.M.

Contact: Carla
Phone: 613-342-1207
Bethel Christian Reformed Church
117 Windsor Drive (in library)

Saturday 10:00 A.M.

Contact: Beth
Phone: 613-345-5553
Wall St. United Church
5 Wall Street
OA 12 & 12

Barry's Bay

Contact: Erin
Phone: 613-637-2675
Wednesday 1:00 P.M.
St. Hedwig's Rectory
35 Karol Wojtyla Sq
In basement

Cornwall

Monday 7:00 P.M.

Contact: Laura
Phone: 514-983-5247
Cornwall Wesleyan Church
780 Sydney Street

Tuesday 12:00 P.M.

Contact: Rachel
Phone: 613-932-1510
Cornwall Wesleyan Church
780 Sydney Street

Eganville

Tuesday 7:30 P.M.

Contact: Shirley
Phone: 613-628-2885
Eganville seniors -30 Bell Street

Napanee *

Monday 7:00 P.M.

Contact: Joelle

Phone: 613-378-6935

Sr. Mary Magdalene Anglican Church

137 Robinson Street

Big Book/Speaker (on occasion)

Kingston *

Tuesday 7:00 P.M.

Contact: OA Line Kingston

Phone: 613-634-2159

Sydenham Street United Church

82 Sydenham Street

Saturday 10:30 A.M.

The Crossroads United Church

690 Sir John A MacDonald Blvd at

Princess Street

Closed Meeting – Big Book

Pembroke

Monday 6:50 P.M.

Contact: Paula

Phone: 613-732-1402

St. Joseph's Motherhouse

(front entrance)

1127 Pembroke Street West

Renfrew

Monday 10:15 A.M. Closed Meeting

Contact: Johanna

Phone: 613-432-7622

St. Andrews United Church,

291 Plaunt Street/Accessible

Use Quarry Street entrance

Accessible – **Closed Meeting**

Wednesday 7:30 p.m.

Contact: Johanna

Phone: 613-432-7622

Mackay Manor

198 Argyle Street South

Not Accessible

Closed Meeting

NEW YORK STATE

Canton *

Contact: Bonnie

Phone: 315-265-2318

Tuesday 6:30 P.M.

E.F. Noble Medical Center

Lower Level, left entrance

Cape Vincent *

Monday 7:00 P.M.

Contact: Joyce

Phone: 315-649-2750

Cape Vincent Community Library

157 North Real Street

Clayton *

Contact: Joyce

Phone: 315-649-2750

Thursday 9:30 A.M.

Hawn Memorial Library

220 John Street

Massena *

Thursday 7:00 P.M.

Contact: Jeanette

Phone: 315-389-4885

Massena Memorial Hospital

1 Hospital Drive

Potsdam *

Saturday 9:00 A.M.

Trinity Episcopal Church

8 Maple St., Fall Island

