

INTERGROUPE OA  
FRANCAIS DE L'OUTAOUAIS  
**Français/ French**

Mardi 19h00 à 20h15  
Église Our Lady of Victory,  
490, rue Charles  
Gatineau (Buckingham)\*

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

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

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

\*Accès au personnel à  
Mobilité réduite  
Information:

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**Telephone:**

**613-820-5669**

Bilingue/Bilingual



OTTAWA DISTRICT INTERGROUP and  
SEAWAY DISTRICT INTERGROUP

(Seaway District Intergroups indicated with an “\*” update as of April 2017)

## MEETING LISTS

### (Updated Oct. 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.

#### Meeting Definitions

**Open Meeting:** Open to OA members and Non-OA visitors. All meetings are considered open unless otherwise indicated.

**Closed Meeting:** Open to anyone with a desire to stop eating compulsively or anyone who thinks they may have a problem with compulsive overeating.

According to the Traditions, bylaws and policies of OA, the only requirement for OA membership is the desire to stop eating compulsively. We ask each person attending to respect the meeting's group conscience. All registered meetings welcome and give a voice to any person who has the desire to stop eating compulsively.

No matter what your problem with food – compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over-exercising – we have a solution!

## **Ottawa**

### **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.**

#### **Overbrook Beginners**

Richelieu-Vanier Comm. Centre,  
300 Des Peres Blancs Ave.

Focus: **Newcomers**

Contact: Paul

Phone: 613-748-3379

### **Tuesday 12:00 P.M.**

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

### **Wednesday 2:00p.m.**

John Mlacak Center  
2500 Campeau Drive  
Susan Ruth Finch Room  
Wheelchair access back of building

Contact: Shauna 613-592-8419

OA 12 & 12 **Closed Meeting**

### **Wednesday 7:00 P.M.**

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

**Closed Meeting** except on the 2<sup>nd</sup>

Wednesday of the month which is an  
Open Speaker meeting.

**NEWCOMERS WELCOME**

### **Friday 11:00 A.M.**

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

## **Barry's Bay**

**Contact:** Erin

**Phone:** 613-637-2675

**Wednesday:** 1:00p.m.

St Hedwig's Rectory  
35 Karol Wojtyla Sq.  
In basement.

## **Brockville \***

**Contact:** Beth

**Phone:** 613-345-5553

**Saturday 10:00a.m.**

Wall St. United Church  
5 Wall Street  
OA 12 & 12

## **Cornwall**

**Contact:** Angele L

**Phone:** 613-363-9280

**Monday 7:00p.m.**

Cornwall Wesleyan Church  
780 Sydney Street

## **Eganville**

**Contact:** Shirley

**Phone:** 613-628-2885

**Tuesday 7:30 P.M.**

Eganville seniors -30 BellStreet

## **Napanee \***

**Monday 7:00 P.M.**

**Contact:** Angele

**Phone:** 613-363-9280

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:** Mary Anne

**Phone:** 613-623-4402

St. Andrews United Church,  
291 Plaunt Street/Accessible  
Use Quarry Street entrance

Accessible – **Closed Meeting**

**Wednesday 7:30**

**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\***

**Contact:** Joyce

**Phone:** 315-649-2750

**Monday 7:00 P.M.**

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 \***

**Contact:** Jeanette

**Phone:** 315-389-4885

**Thursday 7:00 P.M.**

Massena Memorial Hospital  
1 Hospital Drive

### **Potsdam \***

**Saturday 9:00 A.M.**

Trinity Episcopal Church  
8 Maple St., Fall Island