

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:

Website :

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Email :

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Telephone :

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 Feb. 2018)

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.

(Except Statutory Holidays)

Name: Overbrook Beginners

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

Focus: OA 12&12 /Newcomers

Contact: Paul

Phone: 613-748-3379

Tuesday - 12:00 p.m.

First Baptist Church

140 Laurier Ave. West at Elgin St.

Wednesday - 2:00 p.m.

John Mlacak Center

2500 Campeau Drive,

Susan Ruth Finch Room

Wheelchair access back of Building

Contact: Shauna

Phone: 613-592-8419

Format: OA 12 & 12 (Closed Meeting)

Wednesday - 7:00 p.m.

Name: Rainbow Meeting

Hintonburg Community Centre,

1064 Wellington Street

Contact: Rebecca

Phone: 613-263-1484

Format: 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.

Nepean Museum.

16 Rowley Avenue

Format: 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.

Format: Closed Meeting

NEWCOMERS WELCOME

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

Wednesday: 1:00 p.m.

St Hedwig's Rectory

35 Karol Wojtyla Sq.

In basement.

Contact: Erin

Phone: 613-637-2675

BROCKVILLE

Saturday - 10:00a.m

Wall St. United Church

5 Wall Street

Contact: Beth

Phone: 613-345-5553

Format: OA 12 & 12

CORNWALL

Monday - 7:00 p.m.

Cornwall Wesleyan Church

780 Sydney Street

Contact: Sandra

Phone: 613-662-9979

EGANVILLE

Tuesday - 7:30 p.m.

Eganville seniors -30 BellStreet

Contact: Shirley

Phone: 613-628-2885

NAPANEE

Monday 7:00 p.m.

Sr. Mary Magdalene Anglican Church

137 Robinson Street

Contact: Angele

Phone: 613-363-9280

Format: Big Book/Speaker (on
occasion)

KINGSTON

Tuesday - 7:00 p.m.
Sydenham Street United Church
82 Sydenham Street
Contact: OA Line Kingston
Phone: 613-634-2159

Saturday - 10:30 a.m.
The Crossroads United Church
690 Sir John A MacDonald Blvd at
Princess Street
Format: Closed Meeting – Big Book

PEMBROKE

Monday - 6:50 p.m.
St. Joseph's Motherhouse (front
entrance)
1127 Pembroke Street West
Contact: Paula
Phone: 613-732-1402

RENFREW

Monday 10:15 a.m.
St. Andrews United Church,
291 Plaunt Street/Accessible
Use Quarry Street entrance
Contact: Mary Anne
Phone: 613-623-4402
Accessible – Closed Meeting

Wednesday - 7:30pm
Mackay Manor
198 Argyle Street South
Not Accessible
Contact: Johanna
Phone: 613-432-7622
Format: Closed Meeting

NEW YORK STATE

CANTON

Tuesday 6:30 P.M.
E.F. Noble Medical Center
Lower Level, left entrance
Contact: Bonnie
Phone: 315-265-2318

CAPE VINCENT

Monday 7:00 P.M.
Cape Vincent Community Library
157 North Real Street
Contact: Joyce
Phone: 315-649-2750

CLAYTON

Thursday - 9:30 a.m.
Hawn Memorial Library
220 John Street
Contact: Joyce
Phone: 315-649-2750

MASSENA

Thursday - 7:00 p.m.
Massena Memorial Hospital
1 Hospital Drive
Contact: Jeanette
Phone: 315-389-4885

POTSDAM

Saturday - 9:00 a.m.
Trinity Episcopal Church
8 Maple St., Fall Island

