

Ottawa District Intergroup Event

This VIRTUAL-ONLY recovery event, held on the 65th birthday of Overeaters Anonymous, focuses on relapse recovery and prevention by enlarging our spiritual life. Several speakers will give their experience, strength, and hope, and there will be a short relapse inventory presentation and sharing time in small groups.

RELAPSE RECOVERY & PREVENTION

From
Shame
to Grace

Information: Mark M. +1 (502) 468-4814

Sign up for the Ottawa District Intergroup email updates at oa-ottawa.ca to receive the Zoom information.



January 19, 2025 - 1:00 to 3:00 PM

