

IF YOU HAD MY  
PROBLEMS  
YOU WOULD EAT TOO

FINDING ABSTINENCE  
AND SERENITY  
ON LIFE'S TERMS



OTTAWA DISTRICT INTERGOU P EVENT

**This is a completely virtual event.** Two speakers will tell their stories, then we'll do a writing and sharing activity, and finish with a brief open sharing session.

**SUNDAY, APRIL 13**

1:00 to 2:30 PM EST

**Information: Erica S. +1 (873) 376-9797**

Sign up for the Ottawa District Intergroup email updates at [oa-ottawa.ca](http://oa-ottawa.ca) to receive the Zoom information.

