WEATHERING THE HOLIDAYS: STAYING STRONG IN RECOVERY

DECEMBER 6TH 2026

@ 1-2:30 PM EST



THIS WORKSHOP WILL BE A VIRTUAL EVENT

Two speakers will share their stories, then we'll do a writing and sharing activity, and finish with a brief open sharing session.

For questions email Shari H. at **sharihaas51@gmail.com**

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

OVEREATERS ANONYMOUS®
OTTAWA DISTRICT INTERGROUP

oa-ottawa.ca