

Overeaters Anonymous

Workshop on the Twelve Steps

"A 15-session workshop designed to help participants achieve & maintain abstinence through working all Twelve Steps."

THURSDAYS from 6:30-8:30 p.m.

3/25/21- 7/1/21

Introductory Session Thursday, MARCH 25th

- This is a closed workshop for 6 to 15 participants.
- No new members may join *after* the Introductory Session.
- Participants commit to attend & fully participate in ALL sessions.
- Introductory session & workshop sessions will be held via Zoom.

The following OA-approved literature will be used in the workshop sessions & for homework assignments (participants will need their own copies):

- *The Twelve Steps and Twelve Traditions of Overeaters Anonymous – Second Edition*
- *Alcoholics Anonymous, Fourth Edition* (the Big Book)
- *Twelve Steps and Twelve Traditions by Alcoholics Anonymous*
- *Twelve Step Workshop and Study Guide Overeaters Anonymous- Second Edition*
- *Overeaters Anonymous, Third Edition*
- *Voices of Recovery*
- *For Today*

If interested in the current workshop, please email Maureen H. (haleyma0805@gmail.com)
with the subject line "OA Workshop".