

**Key:** **W** = Wheelchair Accessible  
**K** = Children Welcomed  
**K\*** = Child Care Available  
**M** = Mens Meeting  
**C** = Closed Meeting-only for people with a desire to stop eating compulsively

**Format:**

**AA Step** = AA 12 & 12 Step  
**BB** = AA Big Book  
**Beg** = Beginners  
**BrB** = OA Brown Book  
**Di** = Discussion

**FT** = OA For Today Book**Lit** = Literature**Lit/Di** = Literature/Discussion**OA Step** = OA 12 & 12 Step**SAM** = Support a Member/Relapse**Sp** = Speaker**Step** = Step Study**Trad** = Tradition Study**WW** = Writing Workshop**Varies** = Varies throughout month

Welcome to Overeaters Anonymous. Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, 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 overeating and to carry this message of recovery to those who still suffer.

Day & Time	Town	Key	Location	Format	Contact
Mon., 10:00-11:00 AM	Danbury	K	Christ Holiness Church, 7 Madison Avenue	BB/BrB	Susan R. 203-748-4490
Mon., Noon-1:00 PM	North Haven		Wakeley Community Center, 7 Linsley Street-Closed on Holidays-Call first	BB	Anita 203-466-0589
Mon., Noon-1:00 PM	Southport	C, K	Trinity Episcopal Church, 651 Pequot Rd., Library	Lit/Di	Jim 203-256-1417
Mon., Noon-1:00 PM	Stamford	W	First Congregational Church, Bedford Street & Walton Place, 2 <sup>nd</sup> Floor	OA 12&12	Diane 203-353-8438
Mon., 4:00-5:00 PM	Ansonia		Valley Social Club, 285 Main St., Closed on Holidays		Rebecca 203-430-8455
Mon., 5:00-6:00 PM	Manchester		St. Mary's Church, Corner Park and Church	FT	Denise 860-646-5680 or Susan 860-646-3054
Mon., 6:00-7:00 PM	Norfolk		Church of Christ Congregational, 12 Village Green		Joan M. 860-489-1719
Mon., 7:00-8:00 PM	Canaan	W	Pilgrim House, 30 Granite Avenue	Varies	Martha 860-824-0017
Mon., 7:00-8:00 PM	Mystic		Union Baptist Church, 119 High Street at West Main Street	Step	Grace 860-536-3449
Mon., 7:00-8:00 PM	New Haven		Center Church On The Green Parish House, 311 Temple Street, Knock	Varies	Sally 203-510-6200 or Zazu 203-877-1678
Mon., 7:00-8:00 PM	Oakville		All Saint's Episcopal Church, 262 Main St, Owl & Pussycat Day Care Center	Varies	Joyce 203-758-9148
Mon., 7:00-8:00 PM	Old Saybrook		St. Paul's Lutheran Church, Rt. 154	OA Step	Michele 860-388-4104
Mon., 7:00-8:00 PM	Stratford		Grace Lutheran Church, 150 Chapel Street, Conference Room	Beg/Di	Ruth 203-378-1878 or Ed 203-924-5915
Mon., 7:30-8:45 PM	Greenwich	C	United Methodist Church Annex, E. Putnam Ave & Church St.	Beg/Di/FT	Ann 203-661-9343
Mon., 7:30-8:30 PM	W. Avon		West Avon Cong. Church, 280 Country Club Road	Varies	Allyssa 860-521-4936
Tue., 9:00-10:00 AM	Southbury		Heritage Village, Hillhouse Road, Meeting Room Library	Varies	Laura 203-264-2470
Tue., 10:15-11:15 AM	Westport	K	Saugatuck Congregational Church, 245 Post Rd E, Rear Entrance, Room 22	Step	Darby 203-254-0778
Tue., Noon-1:00 PM	Stamford	W	First Congregational Church, Bedford Street & Walton Place, 2 <sup>nd</sup> Floor	Lit.	Diane 203-353-8438
Tue., 6:00-7:00 PM	West Haven		Church of the Holy Spirit, 28 Church Street (across from Green)	Di	Marguerite 203-371-8534
Tue., 6:30-7:30 PM	Darien		YWCA of Darien/Norwalk, 49 Old King's Hwy North, 2 <sup>nd</sup> Floor	Lit/Di	Phyllis 203-324-0439 or Stella 203-854-1761
Tue., 6:30-7:30 PM	Terryville		Terryville Congregational Church, 233 Main St.	Varies	Kathy 860-589-3173
Tue., 6:45-7:45 PM	Enfield		Enfield Congregational Church, 1295 Enfield Street (Corner Rt. 5 & South Rd.)	Sp	Vicky 860-875-8085
Tue., 7:00-8:00 PM	Danielson		Haven Health Center, 111 Westcott Road		Diane 860-928-3571
Tue., 7:00-8:00 PM	Milford	W	Mary Taylor Church Hall, Broad Street On The Green	Varies	Don 203-283-3394 or Zazu 203-877-1678
Tue., 7:00-8:00 PM	Naugatuck		Immanuel Lutheran Church, 170 Coen Street, basement	Step	Theresa 203-723-5488
Tue., 7:30-8:30 PM	Guilford	C	Christ Episcopal Church, 11 Park Street	Varies	Jeri 203-421-5851
Tue., 7:30-8:30 PM	Mystic		St. Mark's Episcopal Church, 15 Pearl Street	Lifeline Disc	Ruth 860-448-1495
Tue., 7:30-8:30 PM	Wethersfield		St. Paul's Lutheran Church, 371 Wolcott Hill Road	Step	Carol 860-563-7074

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K = children welcome **Beg** = Beginners **Lit/Di** = Literature/Discussion **Trad** = Tradition Study  
K\* = child care available **BrB** = OA Brown Book **OA Step** = OA 12 & 12 Step **WW** = Writing Workshop  
M = Mens Meeting **Di** = Discussion **SAM** = Support a Member / Relapse **Varies** = Varies throughout month

Day & Time	Town	Key	Location	Format	Contact
Wed., 8:00-9:00 AM	Guilford		First Congregational Church, 110 Broad St., Fellowship Hall	Dignity of Choice/Sp/Di	Earl 203-533-5278
Wed., 10:00-11:00 AM	East Hartford		Faith Lutheran Church, 1120 Silver Lane	Step	Jeanette 860-568-5559
Wed., Noon-1:00 PM	Hartford		1 <sup>st</sup> Church of Christ, Corner Lewis and Gold Streets	OA Step/Tradition	Alice 860-277-1120
Wed., Noon-1:00 PM	Milford	W	Trinity Lutheran Church, Robert Treat Parkway	Beg	Zazu 203-877-1678
Wed., Noon-1:00 PM	Naugatuck		Immanuel Lutheran Church, 170 Coen Street, basement	Lit	Sandy 203-393-2079
Wed., Noon-1:00 PM	Stamford	W	First Congregational Church, Bedford Street & Walton Place, 2 <sup>nd</sup> Floor	Lit	Diane 203-353-8438
Wed., 5:30-6:30 PM	Norwich		Backus Hospital (Thru Partial Hospitalization door in rear, follow signs)		Ellen 860-464-7178
Wed., 5:30-6:30 PM	Southington		St. Paul's Church, 145 Main Street	Step	Jan 860-621-7047
Wed., 7:00-8:00 PM	Danbury	W	El Dorado Center for Behavioral Health, 152 West St, Fedora Room	BB	Kim 860-210-9605
Wed., 7:00-8:00 PM	Darien		YWCA of Darien/Norwalk, 49 Old King's Hwy North, 1 <sup>st</sup> Floor	Beg/Sp	Barbara 203-322-8430
Wed., 7:00-8:00 PM	New Haven		Center Church On The Green Parish House, 311 Temple Street, Knock	Varies	Taylor 646-996-6515
Wed., 7:00-8:00 PM	Windsor		The Recovery Club, 118 Palisado Avenue	Beg/Varies	
Thur., Noon-1:00 PM	Stamford	W	First Congregational Church, Bedford Street & Walton Place, 2 <sup>nd</sup> Floor	Lit.	Diane 203-353-8438
Thur., 5:30-6:30 PM	East Hartford		E. Hartford Health Care and Rehab Center, 51 Applegate Lane (use rear entrance)	OA Step	Kelly 860-202-6950 or Trish 860-644-9616
Thur., 5:15-6:15 PM	Lebanon		First Congregational Church, W. Town Street & Exeter Road	BB	Alice 860-642-6179
Thur., 6:30-7:30 PM	Milford		Mary Taylor Church Hall-Lower Level, Broad Street On The Green	Di/Lit	Bernice 203-283-0089
Thur., 7:00-8:00 PM	Collinsville		Congregational Church on The Green, 7 South Street	Discussion	Robin 860-693-1969
Thur., 7:00-8:00 PM	Guilford		First Congregational Church, 110 Broad St., upstairs, room #9	Sp/Lit	Earl 203-204-2507
Thur., 7:30-8:30 PM	Mystic		St. Mark's Episcopal Church, 15 Pearl Street	Step/Tradition	Ruth 860-448-1495
Thur., 7:30-8:30 PM	Trumbull		Trumbull Congregational Church, 3115 Reservoir Ave, School, downstairs on Left	Varies	Sandra 203-372-1154 or Roberta 203-878-8092
Thur., 8:15-9:30 PM	Norwalk	W	Norwalk Hospital, Maple Street, Nash Auditorium	Beg/Sp	Carl P. 203-255-6065 or 203-383-0445
Fri., 9:00-10:00 AM	Southbury		Heritage Village, Hillhouse Road, Meeting Room Library	Varies	Laura 203-264-2470
Fri., 10:00-11:00 AM	Danbury	K	Christ Holiness Church, 7 Madison Avenue	OA/AA Step	Elise 203-270-8579
Fri., 10:00-11:30 AM	Milford	C	Mary Taylor Church Hall-Lower Level, Broad Street On The Green	BB	Ruth 203-378-1878
Fri., Noon-1:00 PM	Southport	C, K	Trinity Episcopal Church, 651 Pequot Rd., Library	Step/Trad	Jim 203-256-1417
Fri., Noon-1:00 PM	Stamford	W	First Congregational Church, Bedford Street & Walton Place, 2 <sup>nd</sup> Floor	BrB, Speaker on 2 <sup>nd</sup> Fri.	Diane 203-353-8438
Fri., 1:00-2:00 PM	East Hartford		Faith Lutheran Church, 1120 Silver Lane	BB	Jeannette 860-568-5559 or MaryAnne 228-1489
Fri., 5:30-6:30 PM	Southington		St. Paul's Church, 145 Main Street	BrB	Jan 860-621-7047
Fri., 7:00-8:00 PM	Middletown		First Congregational Ch., 190 Court Street	OA Step/Trad Study	Sharon 860-346-6489
Fri., 7:00-8:15 PM	Greenwich		St. Catherine's Church, Riverside Avenue, School Bldg, Room 104 (Step 1 <sup>st</sup> Fri)	Beg/Sp	Ann 203-661-9343
Fri., 7:00-8:00 PM	Putnam	W	Day Kimball Hospital, 320 Pomfret Street, (Use lab entrance in rear, 2 <sup>nd</sup> conference room on right.)	Step/Trad	Mellie-Moe 860-634-4644

SWCT Intergroup meets from 7:00 – 8:30 P.M. the 3<sup>rd</sup> Wednesday of the months of Jan., Feb., Mar., May, July, Sept., and Nov. at Unity Hill United Church of Christ, 364 White Plains Road, Trumbull, CT. All members are welcome to attend the meetings.

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Day & Time	Town	Key	Location	Format	Contact
Sat., 8:00-9:30 AM	New Haven	C	Church of the Redeemer, 185 Cold Spring St. (corner Whitney Avenue)	Step/WW	Gail 203-230-0852
Sat., 9:00-9:30 AM	Darien	C	YWCA of Darien/Norwalk, 49 Old King's Hwy North, 1 <sup>st</sup> Floor	Trad	Barbara 203-322-8430
Sat., 9:00-10:00 AM	Madison		Memorial Hall On The Green	BB	Cheryl 203-671-1592
Sat., 9:30-10:30 AM	West Hartford		Westminister Presbyterian Church, Corner of Boulevard and Ridgewood	<i>As Bill Sees It</i>	Diane C 860-874-3555 or Judi 860-232-5742
Sat., 9:45-10:30 AM	Darien	C	YWCA of Darien/Norwalk, 49 Old King's Hwy North, 1 <sup>st</sup> Floor	Step	Barbara 203-322-8430
Sat., 10:00-11:00 AM	Gales Ferry		St. Luke's, Route 12 at Clark Street	FT	Kathy 860-536-4058
Sat., 10:00-11:00 AM	Rockville		Rockville Hospital, 31 Union Street	BrB	Paul 860-870-7813 or Rob 860-742-1736
Sat., 10:00-11:00 AM	Southbury		Heritage Village Meeting House, 1 Heritage Way, TV Room		Helen 203-262-1882
Sat., 10:00-11:00 AM	Stratford		Christ Episcopal Church, 2000 Main Street, Brick Building, Lower Level	Lit/Di	Leslie 203-373-9851
Sat., 10:00-11:00 AM	Willimantic		Windham Memorial Hospital, 112 Mansfield Avenue	Varies	
Sat., 10:30-Noon	Danbury	W, K	El Dorado Center for Behavioral Health, 152 West St, Fedora Room	Step/Trad	Judith 203-744-5507
Sat., 11:00-Noon	Bristol		Briston Hospital, Brewster Rd., Cafeteria E Level	Newcomers	Jill 860-582-2179
Sat., 11:00-Noon	Naugatuck		Immanuel Lutheran Church, 170 Coen Street, basement	Lit	Theresa 203-723-5488
Sat., 11:00-Noon	Norwalk	K	1 <sup>st</sup> Congregational Church, Park & Lewis Streets, Rear Bldg, Rm. 1	Varies	Kathy 203-847-1419 or Dale 203-227-6336
Sun., 9:00-10:00 AM	Darien	C	YWCA of Darien/Norwalk, 49 Old King's Hwy North, 1 <sup>st</sup> Floor	BB/BrB	Barbara 203-322-8430
Sun., 9:00-10:00 AM	Fairfield	W, K	Sacred Heart University, 5151 Park Ave, Room SC-103	Di	Roberta 203-371-8293
Sun., 4:00-5:00 PM	Uncasville		St. John's Church, 22 Maple Street	11 <sup>th</sup> Step/Meditation	Maren 860-828-7066
Sun., 5:00-6:00 PM	Danbury		1 Glen Hill Road, Lower Level	BrB	Judith 203-744-5507
Sun., 5:30-6:30 PM	Greenwich		Greenwich Teen Center, 100 Arch Street	Varies	Rachel 914-263-1450
<b>(NOTE: This meeting is for Teens and Young Adults)</b>					
Sun., 7:00-8:00 PM	Groton	M	Shepherd of the Sea Chapel, Gungywamp Road	BB	Mark 860-848-9555
Sun., 7:00-8:00 PM	South Glastonbury		Congregational Church, Corner of Main & High	Sp/Di	Avril 860-659-0074 or Sharon 860-267-0619
Sun., 7:00-8:00 PM	Stratford		Grace Lutheran Church, 150 Chapel Street, Use Rear Entrance, Conference Room	SAM	Stu C. 203-386-0749

For more information, contact:

Fairfield area: 203-454-6607

New Haven area: 203-+.781-9470

Connecticut Intergroup: 860-231-2935

Hartford area: 860-218-8550

Southeast CT area: 800-824-8650

OA World Service

6075 Zenith Court

Rio Rancho, NM 87124

505-891-2664

Websites: [www.swctoa.org](http://www.swctoa.org)

[www.sectig.org](http://www.sectig.org)

[www.connecticutoa.org](http://www.connecticutoa.org)

[www.oaregion6.org](http://www.oaregion6.org)

[www.oa.org](http://www.oa.org)

Note: The Names, Addresses, And Phone Numbers On This Meeting List Are Not To Be Used For Solicitation of Any Sort

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