



# CT INTERGROUP of OVEREATERS ANONYMOUS 2021 WORKSHOPS

**Join us on Sunday afternoons from 2-4pm EST for  
workshops to strengthen your recovery!**

- 4/18/2021    Strengthening your personal recovery...  
steps, tools and service
- 6/6/2021    Riding the waves of recovery...in good times  
and bad times
- 8/22/2021    Sponsorship Day workshop
- 11/21/2021    IDEA Day (International Day Experiencing  
Abstinence)
- 12/12/2021    Twelfth Step Within Workshop

Come hear members share their experience, strength, and hope.  
There will also be time for attendees to share.

Zoom information will be available two weeks before each  
workshop by emailing [secretaryctig@gmail.com](mailto:secretaryctig@gmail.com) or calling the CT  
Intergroup OA hotline at 860-840-2475.