

Welcome to Overeaters Anonymous Melbourne

Meeting Attendance

It is the policy of OVEREATERS ANONYMOUS and the Melbourne Intergroup that **any compulsive overeater is welcome** at any and all OA meetings and does not need to meet any requirement other than a desire to stop eating compulsively. You belong the moment you say you do. All special emphasis and special format listings are for convenience of the fellowship.

Contact Prior To Attending

It is suggested that you **call the contact person prior to attending a meeting for the first time** to be certain that there have been no changes to time or location, especially on public holidays. You may also check our website www.oa.org.au

Meetings List

This meetings list is current from September 2018. Please keep this list in a safe place and destroy any outdated list.

CONTACT NUMBERS ARE CONFIDENTIAL

Melbourne Groups

Day	Location	Time	Address & Additional info	Melways Ref	Contact Person
Monday	Northcote	6.45pm - 7.45pm	Jika Jika Community Centre 2 East Street (not the one on Union Street) NORTHCOTE Some parking on east street and more on Westgarth Street Steps Study Meeting	30 F11	Annaliese: 0432 962 126
Monday	Wantirna South	8:00pm - 9:00pm Meetings held on Public Holidays	"Orana" Neighbourhood House 62 Coleman Rd (opposite Pentlowe Road) WANTIRNA SOUTH. <i>Disabled Facilities: Disabled access, parking and toilets</i>	64 B9	Dorothy: 03 9700 3921
Tuesday	Windsor	7:30pm - 8:30pm Meetings held on Public Holidays	Abstinence and Recovery OA Office 70 Punt Rd WINDSOR <i>Disabled Facilities: One step access, no disabled toilets or parking</i>	2P D1	
Tuesday	Laverton	7:30pm - 8:30pm	The Laverton Hub Classroom 4 95 – 105 Railway Ave LAVERTON Tradition Study week 1, Guest Speaker Week 2, Big Book Study Weeks 3 & 4, Step Study Week 5	53 D10	Marlene: 0438 316 459
Wednesday	Frankston	7:30pm – 8:30pm	Brotherhood Community Centre, 26 High St FRANKSTON <i>Disabled Facilities: Disabled parking opposite, disabled access</i>	102 C3	Maureen: 03 9786 9185

<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Address & Additional info</i>	<i>Melways Ref</i>	<i>Contact Person</i>
Wednesday	Ringwood	7:30pm – 8:30pm	Central Ringwood Community Centre Bedford Park (at railway crossing) Bedford Road RINGWOOD <i>Disabled Facilities: Disabled access, parking and toilets</i> Drive in 200meters Car park at end of biggest building Signposted Ringwood Lake Go round back Week 1: Tools Week 2: Literature Week 3: Step Study Week 4: Topic Week 5: Leader's choice	49 J8	Daphne 0407833098
Thursday	Windsor	12:00pm –1:00pm	OA Office 70 Punt Rd WINDSOR <i>Disabled Facilities: One step access, no disabled toilets or parking</i> OA Identification Meeting	2P D1	Joanne: 0488254764
Thursday	Windsor	7:30pm – 8:30pm	OA Office 70 Punt Rd WINDSOR <i>Disabled Facilities: One step access, no disabled toilets or parking</i> Format of meeting: Week 1: Step for the month Week 2: Big Book Study Week 3: Tradition for the month Week 4: Podcast Week 5: Big Book Study	2P D1	Debbie 0411243771
Thursday	Heidelberg	7:30pm – 8:40pm	Rosanna Baptist Church Hall Cnr of Waiora Rd & Churchill St HEIDELBERG HEIGHTS <i>Disabled Facilities: Disabled access, parking and toilets</i> Week 1: Big Book study Week 2: Guest Speaker Week 3: Literature study Week 4: Steps/Traditions study Week 5: Chair's Choice	31 J2	Sue: 0415 743 219
Friday	Cheltenham	7:30pm – 8:30pm Closed Good Friday	Charman Uniting Church Cnr Charman Rd & Maude St CHELTENHAM (Park in Maude St and enter from Charman Road - building is behind the church) <i>Disabled Facilities</i> NEWCOMERS WELCOME	86 H1	Christine: 03 9551 4347

Day	Location	Time	Address & Additional info	Melways Ref	Contact Person
Saturday	Rowville	8:30am –10:00am Meeting held on Public Holidays	Uniting Church Cnr Fulham and Bridgewater Way ROWVILLE <i>Disabled Facilities: Disabled access, parking and toilets</i> Week 1 / 3 / 5: Big Book Study Week 2: Step Study Week 4: Speaker	81 K1	Nikki: 0414 309 916
Saturday	Windsor Business Meeting	8:00am-10:00am First Saturday of each month except January	Melbourne Intergroup Business Meeting OA Office 70 Punt Road WINDSOR <i>Disabled Facilities: One step access, no disabled toilets or parking</i> This is a business meeting not a recovery meeting, but observers welcome	2P D1	
Sunday	Windsor	11:00am–12:15pm Meeting held on Public Holidays	OA Office 70 Punt Rd WINDSOR <i>Disabled Facilities: One step access, no disabled Toilets or parking</i>	2P D1	Emma 0468 342 587

Regional and Tasmanian Groups

Day	Location	Time	Address and Additional info.	Melways Ref	Contact Person
Thursday	Ballarat Victoria	6:30pm – 7:30pm	Eastwood Leisure Complex 20 Eastwood St BALLARAT <i>Disabled Facilities: Please contact meeting contact first</i>		Marie: 03 5339 4718
Saturday	Traralgon Victoria	10:00am – 11:00am Starting 3 Mar 2018	The Techenne Centre - room 3 11-13 Breed Street Traralgon	X928 D7	Shona: 0425554936
Saturday	Hobart Tasmania	11:30am – 12:30pm	Wesley Hall, 58 Melville Street (upstairs) (next to Melville St car park) HOBART oahobart@gmail.com <i>No disabled facilities available</i>		Kate: 03 6244 7276
	Launceston Tasmania				Turid: 0407 022 779
	Bendigo	Details TBC			

Country Contacts

CASTLEMAINE - Samantha 03 5472 5301

BAIRNSDALE/GIPPSLAND - Kim 0412 909 907

Intergroup Contacts

Area	Address	Phone	Email	Website
Melbourne Intergroup	GPO Box 1102J, Melbourne, VIC 3001		oa.melb@gmail.com	www.oa.org.au
Adelaide Intergroup	PO Box 206, Unley, SA 5061	+61 8 8224 0500		www.oaadelaide.org
Brisbane Intergroup	PO Box 15015 City East, QLD 4002	+61 7 3030 3619 1800 170 448 for callers outside metropolitan	rluynys@bigpond.net.au	www.oabrisbane.com
Perth Intergroup	2 Delhi Street, West Perth, WA 6005	+61 8 9420 7254	perth@oaregion10.org	
Sydney Intergroup	PO Box 35, Dulwich Hill, NSW 2203	+61 2 9518 3004	info@OASydney.org	www.OASydney.org

International Meetings

For details of international meetings please visit the website for the Overeaters Anonymous World Service Office (WSO) www.oa.org or phone 0011 1 505-891-2664

Privacy Policy

The meeting list is for use only by those who desire to stop eating compulsively. Please respect the privacy of the meeting contacts listed by refraining from using their information for any other purpose.

Please check www.oa.org.au/meetings regularly as updates and information will be uploaded on a frequent basis.