

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 December 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 Please keep this list in a safe place and destroy any outdated list.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 | Frankston South Community Centre, 55 Towerhill Road FRANKSTON <i>Disabled Facilities: Disabled parking opposite, disabled access</i> | | Anna 0438 146 600 |

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|------------|-----------------|--|---|--------------------|----------------------------|
| Wednesday | Ringwood | 7:30pm – 8:30pm | Central Ringwood Community Centre Bedford Park Bedford Road, Rosewarne Lane RINGWOOD <i>Disabled Facilities: Disabled access, parking and toilets</i> About 150 metres down lane on the right. Room is in the Reception building on the right. OA sign on the door, A-frame outside. Parking is out front. Topics Meeting | 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 |
| 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 |

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|----------|------------------------------------|---|---|-------------|----------------------|
| 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 | 70 Punt Rd, Windsor, VIC 3181 | | oa.melb@gmail.com | www.oa.org.au |
| Adelaide Intergroup | PO Box 206, Unley, SA 5061 | +61 8 8224 0500 | | www.oaadelaide.org |

| <i>Area</i> | <i>Address</i> | <i>Phone</i> | <i>Email</i> | <i>Website</i> |
|---------------------|--|--|------------------------|--------------------|
| Brisbane Intergroup | PO Box 15015 City East, QLD 4002 | +61 7 3030 3619 1800 170 448 for callers outside metropolitan | rluinys@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.aa.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.aa.org.au/meetings regularly as updates and information will be uploaded on a frequent basis.