

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 2019. Please keep this list in a safe place and destroy any outdated list.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	<p>TEMPORARY LOCATION: 20 Jan, 27 Jan & 3 Feb. Jika Jika Community Centre Main Building 1B Plant Street NORTHCOTE</p> <p>From 10 Feb, back at usual location: Jika Jika Community Centre 2 East Street (not the one on Union Street) NORTHCOTE</p> <p>Steps Study Meeting</p>	30 F11	Annaliese: 0432 962 126
Monday	Wantirna South	7:30pm - 8:30pm Meetings held on Public Holidays	<p>TEMPORARILY CLOSED FOR RENOVATIONS – Meetings Resume 10 Feb.</p> <p>“Orana” Neighbourhood House 62 Coleman Rd (opposite Pentlowe Road) WANTIRNA SOUTH.</p> <p><i>Disabled Facilities: Disabled access, parking and toilets</i></p>	64 B9	Dorothy: 03 9700 3921
Tuesday	Laverton	7:30pm - 8:30pm	<p>The Laverton Hub Classroom 4 95 – 105 Railway Ave LAVERTON</p> <p>Tradition Study week 1, Guest Speaker Week 2, Big Book Study Weeks 3 & 4, Step Study Week 5</p>	53 D10	Marlene: 0438 316 459
Wednesday	Ringwood	2pm – 3pm	<p>Central Ringwood Community Centre Bedford Park (on maps) Bedford Road, Rosewarne Lane RINGWOOD</p> <p><i>Disabled Facilities: Disabled access, parking and toilets</i></p> <p>About 200m down lane on the right. Room 9 (Computer room) Look for OA sign</p> <p>Topics Meeting</p>		Daphne 0407833098

Day	Location	Time	Address & Additional info	Melways Ref	Contact Person
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
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	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 –09:45am 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: AA 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	Sebastian 0433 963 102

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
Friday	Warrnambool Victoria	12:00pm – 1:00pm	Kitchen Candle Meeting St Joseph's Church Cnr Raglan Pde (Princes Hwy) and Kepler St WARRNAMBOOL Drive in off the highway and drive around to the back of the building. Go through glass doors and turn right. Meeting room on the left		MB: 0477 544 810
Saturday	Traralgon Victoria	10:00am – 11:00am	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

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
Brisbane Intergroup	PO Box 15015 City East, QLD 4002	+61 7 3030 3619 1800 170 448 for callers outside metropolitan	ruiyns@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.