

## FOR NEWCOMERS TO OVEREATERS ANONYMOUS

### GETTING STARTED

Newcomers to the Overeaters Anonymous program usually have a lot of questions. To get used to the format of the meetings, understand the concept of abstinence, decide on a food plan, and begin to recover from compulsive eating are difficult tasks that may seem overwhelming.

But you are not alone. Each of us was a newcomer at one time. Here is a list of OA members with long-term abstinence and several months or years in the program who have volunteered to take your phone calls and share their experience, strength and hope. Please do not hesitate to call or email them. We only request that you not call after 9 pm or before 8 am.

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Connie	(518) 207-6419 Please text first	conniesoa@juno.com
Jackie R.	(518) 496-2153 (Please text first)	
Jane	(978) 996-5802	janecurtin@charter.net
Janice P	(518) 932-1277	jepbird@gmail.com
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**KEEP COMING BACK! IT WORKS!**