

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.

Barb K	(518) 496-0907	ebsept18@aol.com
Barbara C	(510) 414-2265	taradianthea@gmail.com
Cherie P	(518) 225-7292	cheriepowersoa@gmail.com
Connie	(518) 207-6419	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
Loretta P	(518) 506-7799	llpyles@gmail.com
Marie M	(518) 222-7915	mariemacpherson80@gmail.com
Mary Ann V	(518) 366-8420	jvalikonisjr@roadrunner.com
Sarah	(518) 878-0281	braysarah40@gmail.com

KEEP COMING BACK! IT WORKS!