

# Overeater Anonymous Service Board Directory

November 04, 2009

## ALABAMA

IG#: 09119 IG Name: Central Alabama IG Reg.#: 08  
PO Box 36594  
Birmingham AL 35244  
Midstate Alabama, Greater Birmingham  
Phone#: 205-823-7226 HOTLINE  
<http://www.oacaig.org/>

IG#: 09198 IG Name: Southwest Alabama IG Reg.#: 08  
C/o 1062 Wesley Ave  
Mobile AL 36609  
Mobile, Atmore And Daphne  
Phone#: 251-431-5111

IG#: 09283 IG Name: Tennessee Valley IG Reg.#: 08  
C/o Nawrociak 563 Cty Rd 676  
Cullman AL 35055  
Southeast Tennessee And North Alabama  
Phone#: 931-433-4215 256-534-0055

## ALASKA

IG#: 09001 IG Name: Anchorage Area IG Reg.#: 01  
PO Box 200-341  
Anchorage AK 99520  
South Central Alaska  
Phone#: 907-279-1942  
<http://www.oaregion1.org/Intergroups/alaska.htm>

IG#: 09366 IG Name: Juneau IG Reg.#: 01  
C/o Hamilton Box 240674  
Douglas AK 99824  
Juneau And Douglas Areas  
Phone#: 907-789-8884

## ARIZONA

IG#: 09078 IG Name: Southeastern Arizona IG Reg.#: 03  
PO Box 43221  
Tucson AZ 85733-3221  
Southeastern Arizona  
Phone#: 520-733-0880 520-749-6789  
<http://www.oasouthernaz.org/>

IG#: 09601 IG Name: AZ Serenity In The Desert Reg.#: 03  
C/o Po Box 47565  
Phoenix AZ 85068-7565  
Central Arizona  
Phone#: 602-234-1195  
<http://www.oaphoenix.org/>

## ARKANSAS

IG#: 09138 IG Name: Central Arkansas IG Reg.#: 08  
PO Box 582  
North Little Rock AR 72115  
State Of Arkansas  
Phone#: 501-835-3054

IG#: 09188 IG Name: Ozark Of Nw Arkansas IG Reg.#: 08  
C/o 835 Crest Drive  
Fayetteville AR 72701  
South To Alma And North To Missouri Line  
Phone#: 479-521-0808 479-443-4812

IG#: 09577 IG Name: River Valley IG Reg.#: 08  
C/o Blevins 1526 North 49th  
Fort Smith AR 72904  
East Central Oklahoma And West Central Arkansas  
Phone#: 479-474-1714  
<http://www.oa-fort-smith.info>

## CALIFORNIA

IG#: 09003 IG Name: Foothill IG Reg.#: 02  
PO Box 1108  
Pasadena CA 91102  
Northeast Los Angeles County  
Phone#: 626-568-7511  
<http://oafoothill.org/>

IG#: 09004 IG Name: Los Angeles IG Reg.#: 02  
6404 Wilshire Blvd # 710  
Los Angeles CA 90048  
General LA Area, Including Venice, Culver City, Santa Monica, And West La  
Phone#: 323-653-7652 323-653-7499  
<http://www.oalaig.org/>

IG#: 09005 IG Name: Orange County IG Reg.#: 02  
C/o 1905 E 17th St Suite 322  
Santa Ana CA 92705  
Orange County  
Phone#: 714-953-5159  
<http://www.oaoci.org/>

IG#: 09007 IG Name: San Diego County IG Reg.#: 02  
6304 Riverdale St Po Box 81569  
San Diego CA 92138-1569  
San Diego And Imperial Counties,  
Phone#: 619-521-2538 619-469-1763  
<http://www.oasandiego.org>

IG#: 09008 IG Name: San Fernando Valley IG Reg.#: 02  
7133-B Darby Avenue  
Reseda CA 91335  
San Fernando Valley, Simi Valley, Santa Clarita Valley And Thousand Oaks  
Phone#: 818-342-2222 818-881-4776  
<http://www.oasvalley.org>

IG#: 09009 IG Name: San Gabriel Valley Inland Empire Reg.#: 02  
1157 East Arrow Highway #4  
Glendora CA 91740  
Covina, Glendora, Azusa, Diamond Bay, Pomona, Rancho Cucamonga,  
Claremont  
Phone#: 626-335-3355  
<http://www.oa-sgvie.org/>

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09010 IG Name: South Bay IG Reg.#: 02

PO Box 918  
Harbor City CA 90710  
Gardena, Torrance, Redondo Bch, Palos Verdes, Long Bch, Lakewood, Lomita,  
San Pedro, Downey  
Phone#: 562-493-9030 310-802-4066  
<http://oasouthbay.org/>

IG#: 09012 IG Name: Sacramento Valley IG Reg.#: 02

PO Box 25-5085  
Sacramento CA 95865  
Sacramento Valley And Sierra Foothills-  
Phone#: 916-786-0330  
<http://www.sacvalleyoa.org>

IG#: 09013 IG Name: San Joaquin Valley IG Reg.#: 02

PO Box 8302  
Fresno CA 93747  
Fresno And Surrounding Areas  
Phone#: 559-323-5636 HOTLINE 559-325-1624  
<http://www.sanjoaquinvalleyoa.org/>

IG#: 09020 IG Name: Silicon Valley IG Reg.#: 02

PO Box 5603  
San Jose CA 95150  
Chair@oasv.org, Santa Clara County  
Phone#: 408-268-7243  
<http://www.oasv.org/>

IG#: 09051 IG Name: Saco Southern Alameda County IG Reg.#: 02

PO Box 1684  
Fremont CA 94538  
Southern Alameda County- Fremont, Newark, Union City, Hayward, San  
Leandro  
Phone#: 510-273-9037  
<http://www.southernalamedacountyoa.org/>

IG#: 09068 IG Name: Channel Islands IG Reg.#: 02

PO Box 1321  
Summerland CA 93067  
Santa Barbara And Ventura Counties- IG Meeting 1st Tues/mo 7:30 Pm  
Phone#: 888-702-0202 805-899-3240  
<http://oaciig.wordpress.com/>

IG#: 09071 IG Name: San Francisco IG Reg.#: 02

PO Box 2543  
San Francisco CA 94126  
San Francisco County  
Phone#: 415-436-0651  
<http://www.oasf.org>

IG#: 09083 IG Name: Marin County IG Reg.#: 02

PO Box 3965  
San Rafael CA 94912  
Phone#: 415-927-2245  
<http://www.oamarin.org>

IG#: 09100 IG Name: Unity IG Reg.#: 02

PO Box 11561  
Oakland CA 94611

Phone#: 510-923-9491  
<http://www.oaeastbay.org>

IG#: 09222 IG Name: California Central Coast IG Reg.#: 02

PO Box 636  
Morro Bay CA 93443  
Central Paso Robles On North To Lompoc South  
Phone#: 805-596-5033 805-489-1774  
<http://centralcoast.oar2.org/>

IG#: 09245 IG Name: Sonoma County IG Reg.#: 02

PO Box 7092  
Santa Rosa CA 95407  
All Of Sonoma County, Visit The Web Site  
Phone#: 707-538-9770 707-433-7082  
<http://www.sonomacountyoa.org>

IG#: 09267 IG Name: Santa Cruz County IG Reg.#: 02

PO Box 698  
Santa Cruz CA 95061  
Santa Cruz County  
Phone#: 831-429-7906  
<http://santacruzooa.org/>

IG#: 09294 IG Name: Mid-Peninsula IG Reg.#: 02

PO Box 1412  
San Mateo CA 94401  
South Of San Francisco To Palo Alto (north Of San Jose)  
Phone#: 650-375-0724  
<http://www.oamidpeninsula.org/>

IG#: 09301 IG Name: Lake Mendocino IG Reg.#: 02

C/o De Bernardi 700 E Gobbi St Spc 123  
Ukiah CA 95482-6232  
Mendocino And Lake Counties  
Phone#: 707-472-4747 707-462-6855

IG#: 09326 IG Name: Kern County IG Reg.#: 02

PO Box 10734  
Bakersfield CA 93389-0734  
Kern County  
Phone#: 661-872-7528 661-872-5806  
<http://www.oakern.org>

IG#: 09331 IG Name: How-OA Northern California IG Reg.#: 02

PO Box 11070  
Oakland CA 94611-0070  
Greater Bay Area Including San Francisco, Marin, Contra Costa, San Mateo,  
Santa Clara And Solano Counties  
Phone#: 925-943-3190 510-521-7651  
<http://www.how-oa.org>

IG#: 09356 IG Name: Monterey County IG Reg.#: 02

PO Box 4006  
Monterey CA 93942  
Monterey County  
Phone#: 831-646-2311  
<http://monterey.oar2.org/>

IG#: 09400 IG Name: North Rivers IG Reg.#: 02

PO Box 8688  
Chico CA 95927-8688  
Northern California  
Phone#: 530-345-3129 INFO  
<http://www.norig.oar2.org/>

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09434 IG Name: Northcoast IG Reg.#: 02  
C/o Hestbeck 1629b Chanterelle Dr  
McKinleyville CA 95519  
Humboldt County And Outlying Areas  
Phone#: 707-441-9705 707-443-1378

IG#: 09492 IG Name: Inland Empire IG Reg.#: 02  
PO Box 56021  
Riverside CA 92517  
Riverside And San Bernadino Counties  
Phone#: 951-715-2080  
<http://www.go2oa.org/>

IG#: 09494 IG Name: Unity With Diversity Desert IG Reg.#: 02  
PO Box 3796  
Palm Desert CA 92261  
Phone#: 760-773-9173 MTG  
<http://www.desertoa.org/>

IG#: 09599 IG Name: Valley Sierra OA/How IG Reg.#: 02  
PO Box 579196  
Modesto CA 95357-9196  
Modesto, Sonora  
Phone#: 209-834-1511  
<http://www.valleyhow.oar2.org/>

IG#: 09609 IG Name: Ebony OA Bay Area IG Reg.#: 02  
C/o Griffin Po Box 342  
Sausalito CA 94966-0342

Phone#:   
<http://www.ebonyoa.org/>

## COLORADO

IG#: 09014 IG Name: Central Colorado IG Reg.#: 03  
PO Box 461331 945 S Birch  
Glendale CO 80246  
Central Colorado  
Phone#: 303-333-3452 303-894-8095  
<http://www.oadenver.org/>

IG#: 09116 IG Name: Pikes Peak Serenity IG Reg.#: 03  
PO Box 26396  
Colorado Springs CO 80936  
Southern Colorado, Colorado Springs, Pueblo, Trinidad, Rocky Ford, Leadville,  
La Veta, Grand Junction  
Phone#: 719-475-0037 719-260-9011

IG#: 09191 IG Name: Northern Colorado IG Reg.#: 03  
C/o C Quenroe 850 Gilpin Drive  
Boulder CO 80303  
Colorado north of Denver to the Wyoming border and east of the foot hills.  
Phone#: 970-282-5019

## CONNECTICUT

IG#: 09054 IG Name: Connecticut IG Reg.#: 06  
PO Box 1275  
Manchester CT 06045  
Connecticut Excluding Fairfield And New Haven Counties  
Phone#: 860-218-8550  
<http://www.connecticutoa.org>

IG#: 09278 IG Name: Southwestern Connecticut IG Reg.#: 06  
PO Box 3004  
Milford CT 06460-0804  
Fairfield And New Haven Counties  
Phone#: 203-454-6607 203-781-9470  
<http://www.swctoa.org>

IG#: 09531 IG Name: South Eastern Connecticut IG Reg.#: 06  
PO Box 252  
West Mystic CT 06388  
Southeastern Connecticut  
Phone#: 800-824-8650

## DELAWARE

IG#: 09158 IG Name: Diamond State IG Reg.#: 07  
PO Box 8031  
Wilmington DE 19803  
Delaware And Cecil, Worcester County Maryland  
Phone#: 302-777-7678  
<http://www.oadelaware.org>

## FLORIDA

IG#: 09016 IG Name: Central Florida IG Reg.#: 08  
PO Box 180293  
Casselberry FL 32718-0293  
Orlando Metro Area, Orange, Seminole And North Osceola Counties  
Phone#: 888-294-4216 407-284-1482  
<http://www.oacfi.org>

IG#: 09065 IG Name: Suncoast IG Reg.#: 08  
C/o Po Box 4762  
Tampa FL 33677  
Tampa Bay And Pinellas And Hillsborough Counties  
Phone#: 813-254-4190 800-544-6353  
<http://www.oapinellas.org/oasuncoast/>

IG#: 09089 IG Name: Northeast Florida IG Reg.#: 08  
PO Box 24473  
Jacksonville FL 32241-4473  
Northeast Florida And Southeast Georgia  
Phone#: 877-518-OAOA  
<http://www.oanortheastflorida.com/>

IG#: 09095 IG Name: Gold Coast IG Reg.#: 08  
PO Box 936032  
Margate FL 33063-9998  
South Florida, Fort Lauderdale, Boca Raton, And Hollywood  
Phone#: 954-938-9586  
<http://www.gcoag.org>

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09104 IG Name: Space Coast IG Reg.#: 08  
PO Box 33734  
Indianlantic FL 32903-0734  
Brevard And Indian River Counties  
Phone#: 800-338-5838  
<http://www.oaspacecoast.org/>

IG#: 09179 IG Name: Highland Ridge Reg.#: 08  
4716 Calatrava Ave  
Sebring FL 33872  
Highlands, DeSoto, Hardee, and Polk Counties  
Phone#: 863-471-2359 863-382-7731

IG#: 09231 IG Name: OA Of Southwest Florida IG Reg.#: 08  
PO Box 1232  
Estero FL 33929  
Lee And Collier Counties Area  
Phone#: 239-936-3351  
<http://www.swfloa.org/>

IG#: 09233 IG Name: Palm Beach County IG Reg.#: 08  
PO Box 31512  
Palm Beach Gardens FL 33420-1512  
Palm Beach County  
Phone#: 561-820-9242 800-273-1696  
<http://www.oapalmbeachfl.org/>

IG#: 09240 IG Name: Manasota IG Reg.#: 08  
C/o Christensen 4850 Habana Dr  
Sarasota FL 34235  
Sarasota And Manatee Counties  
Phone#: 941-957-1488  
<http://www.oamanasota.org>

IG#: 09364 IG Name: Freedom IG Reg.#: 08  
C/o 9211 Chatham Ln  
Port Richey FL 34668  
Pasco And Hernando Counties  
Phone#: 800-544-6353  
<http://www.oafreedom.org/>

IG#: 09386 IG Name: Miami-Dade IG Reg.#: 08  
PO Box 530248  
Miami FL 33153  
Miami, Dade And Part Of Monroe Counties  
Phone#: 305-274-8800  
<http://www.oamiami.org/index.html>

IG#: 09412 IG Name: Pinellas Tradition IG Reg.#: 08  
PO Box 6202  
Clearwater FL 33758  
Pinellas County Including Saint Petersburg, Clearwater And Largo  
Phone#: 800-544-6353  
<http://www.oapinellas.org/>

IG#: 09493 IG Name: Sea-Renity Pensacola IG Reg.#: 08  
4062 Glenway Dr  
Pensacola FL 32526-8064  
Extreme Northwest Florida Including Escambia And Santa Rosa Counties  
Phone#: 850-341-6861

IG#: 09495 IG Name: Emerald Coast IG Reg.#: 08  
4059 Oak Pointe  
Gulf Breeze FL 32563-8510  
Fort Walton Beach, Destin, Crestview, Niceville And Navarre Areas  
Phone#: 850-916-0808 850-916-0808

IG#: 09606 IG Name: East Coast IG Reg.#: 08  
33 Pineview Lake Cir  
Ormond Beach FL 32174  
Flagler, E Volusia  
Phone#: 386-445-9643

IG#: 09611 IG Name: Treasure Coast IG Reg.#: 08  
C/o V Shealy 142 Soneto Court  
Port St. Lucie FL 34983  
Orlando Metro Area, Orange, Seminole And North Osceola Counties  
Phone#: 772-283-1409 772-475-7685  
<http://oatreasurecoast.org/>

## GEORGIA

IG#: 09114 IG Name: Central Atlanta IG Reg.#: 08  
1935 Cliff Valley Way #110  
Atlanta GA 30329  
Atlanta Metro Area  
Phone#: 404-634-3314  
<http://atlantaoa.org/>

IG#: 09220 IG Name: CSRA OA IG Reg.#: 08  
PO Box 2293  
Evans GA 30809-2293  
Central Savannah River Area  
Phone#: 706-541-0580

IG#: 09300 IG Name: Yana (You Are Never Alone) IG Reg.#: 08  
C/o J Starowitz 154 E. 2nd Way  
Greenville GA 32331  
Southwest Georgia, Northwest Florida And Southeast Alabama  
Phone#: 850-997-1955

## HAWAII

IG#: 09111 IG Name: Aloha Hawaiian Service IG Reg.#: 02  
PO Box 62232  
Honolulu HI 96839  
Island Of Oahu  
Phone#: 808-737-3469  
<http://aloha.oar2.org/>

IG#: 09585 IG Name: Maui Friends Of Recovery IG Reg.#: 02  
PO Box 954  
Kihei HI 96753  
Maui  
Phone#:   
<http://www.oamaui.org/>

## IDAHO

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09189 IG Name: Oasis IG Reg.#: 01  
C/o Wright 237 Marianne Dr  
Rexburg ID 83440  
Oasis Area (southeastern Idaho)  
Phone#: 208-356-9423

IG#: 09292 IG Name: Snake River IG Reg.#: 01  
PO Box 8881  
Boise ID 83707  
Boise, Meridian, Nampa Anc Caldwell Areas  
Phone#: 208-336-3485

## ILLINOIS

IG#: 09118 IG Name: Suburban North IG Reg.#: 05  
PO Box 5934  
Buffalo Grove IL 60089-5934  
Chicago Northwest Suburbs, Lake, Cook, And McHenry Counties  
Phone#: 708-346-0000  
<http://www.region5oa.org>

IG#: 09143 IG Name: Heart Of Illinois IG Reg.#: 04  
PO Box 5606  
Peoria IL 61601  
Central Illinois  
Phone#: 309-655-0616

IG#: 09168 IG Name: Chicago West Farout IG Reg.#: 05  
PO Box 4419  
Lisle IL 60532-9419  
Western Suburbs Of Chicago, Dekalb And Joliet  
Phone#: 708-346-0000  
[http://www.region5oa.org/illinois/chicago\\_west\\_farout/](http://www.region5oa.org/illinois/chicago_west_farout/)

IG#: 09227 IG Name: Decatur Outreachers IG Reg.#: 04  
C/o 950 Stevens Creek Circle  
Forsyth IL 62535-9622  
Decatur Area  
Phone#: 217-875-1626 217-875-7701

IG#: 09246 IG Name: Quad Cities IG Reg.#: 04  
633 Second Avenue West  
Andalusia IL 61232  
Mid West Illinois And Mid East Iowa  
Phone#: 309-762-0306  
<http://www.qcoa.org>

IG#: 09467 IG Name: Turning Point IG Reg.#: 05  
PO Box 25262  
Chicago IL 60625  
N Side Of Chicago & Surrounding Areas,  
Phone#: 708-346-0000 773-472-2823  
<http://www.region5oa.org>

IG#: 09482 IG Name: Central Illinois IG Reg.#: 05  
PO Box 1961  
Bloomington IL 61702-1961  
Bloomington, Normal And Communities Within 50 Miles  
Phone#: 888-216-8458  
<http://www.region5oa.org/illinois/index.html>

IG#: 09539 IG Name: Chicago Suburban Southwest IG Reg.#: 05  
PO Box 1200  
New Lenox IL 60451  
Southwestern Chicago And Its Suburbs  
Phone#: 708-346-0000  
<http://www.region5oa.org/cssi/index.html>

## INDIANA

IG#: 09096 IG Name: Central Indiana IG Reg.#: 05  
PO Box 36  
Indianapolis IN 46206-0036

Phone#: 317-870-9171 317-861-0608  
<http://www.region5oa.org>

IG#: 09145 IG Name: Three Rivers IG Reg.#: 05  
PO Box 10823  
Fort Wayne IN 46854-0823  
Northeast Indiana  
Phone#: 260-460-4958  
<http://www.region5oa.org/threerivers/index.html>

IG#: 09291 IG Name: Northwest Indiana IG Reg.#: 05  
PO Box 691  
Chesterton IN 46304  
Lake, Porter, Laporte And Jasper Counties  
Phone#: 800-589-OAOA  
<http://www.region5oa.org>

IG#: 09311 IG Name: Kiss IG Reg.#: 05  
PO Box 2412  
Bloomington IN 47402  
Bloomington, Befford, Spencer, Crane Navel Base And Martinsville Areas  
Phone#: 812-335-3839  
<http://www.bloomington.in.us/~oa/>

## IOWA

IG#: 09021 IG Name: Promises Of Eastern Iowa IG Reg.#: 04  
C/o Po Box 213  
Iowa City IA 52244  
Linn, Johnson, Washington Counties, Southeast And East Central Iowa  
Phone#: 319-351-6004 319-530-0352

IG#: 09183 IG Name: Central Iowa IG Reg.#: 04  
PO Box 30068  
Des Moines IA 50310  
Cental Iowa From Carrol, Ames And Newton To Southern Border  
Phone#: 515-255-0444

IG#: 09214 IG Name: Northeast Iowa IG Reg.#: 04  
PO Box 1591  
Waterloo IA 50704  
Northeast Iowa, Parts Pf Illinois And Wisconsin  
Phone#: 800-480-7576

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09440 IG Name: Tri-State Siouland OA IG Reg.#: 04  
PO Box 1411  
Sioux City IA 51102  
Northwest Iowa, Southeast South Dakota And Northeast Nebraska  
Phone#: 712-234-0112

IG#: 09511 IG Name: Southeast Iowa IG Reg.#: 04  
PO Box 337  
Ottumwa IA 52501  
Ottumwa, Fairfield And Mount Pleasant  
Phone#: 641-777-7427 641-682-3226

## KANSAS

IG#: 09153 IG Name: Mid-Continent IG Reg.#: 04  
805 South Main #201  
Wichita KS 67213  
Wichita And South Central Kansas  
Phone#: 316-267-5857 316-744-9992

IG#: 09276 IG Name: Sunflower IG Reg.#: 04  
C/o 5855 Sw 22nd Terrace #1  
Topeka KS 66614  
50 Mile Radius Of Topeka  
Phone#: 785-357-8774 785-272-6744  
<http://sunflowerintergroupoa.org/>

IG#: 09525 IG Name: Greater Kansas City Area IG Reg.#: 04  
PO Box 2391  
Shawnee Mission KS 66201-2391  
Greater Kansas City Area  
Phone#: 913-383-5933  
<http://www.kansascityoa.org/>

## KENTUCKY

IG#: 09022 IG Name: Louisville Metro IG Reg.#: 05  
5000 Mile Of Sunshine Dr  
Louisville KY 40219  
Newcomer Info Heidi 502-939-2371, Louisville And Part Of Ky And Southern In  
Phone#: 502-566-3110 502-969-6454

IG#: 09475 IG Name: Bluegrass IG Reg.#: 05  
C/o 115 North Ashland Ave  
Lexington KY 40502  
Central Eastern Kentucky  
Phone#: 859-271-4655

## LOUISIANA

IG#: 09023 IG Name: Central Office Of Louisiana IG Reg.#: 08  
C/o 2721 Burdette St  
New Orleans LA 70125  
New Orleans, LA And Surrounding Area  
Phone#: 504-366-3230 985-879-1341  
<http://www.oe-neworleans.com/>

IG#: 09064 IG Name: Baton Rouge IG Reg.#: 08  
PO Box 14815  
Baton Rouge LA 70898  
Baton Rouge, Donaldsonville, Hammond, New Roads, Plaquemine, And Natchez, Mississippi  
Phone#: 225-751-0259  
<http://www.oabatonrouge.org>

IG#: 09213 IG Name: North Louisiana IG Reg.#: 08  
PO Box 18452  
Shreveport LA 71138  
North Louisiana Including Shreveport, Westmonroe, Ruston, Mansfield, And Monroe  
Phone#: 318-677-4002  
<http://www.oaregion8.org/>

IG#: 09225 IG Name: Inter Acadiana IG Reg.#: 08  
C/o Williams 2149 Helen St  
Opelousas LA 70570  
Acadia, Avoyelles, Evangeline, Iberia, Lafayette, St Mary, St Martin, And Vermillion Louisiana  
Phone#: 337-232-HELP

IG#: 09281 IG Name: Southwest Louisiana IG Reg.#: 08  
PO Box 7303  
Lake Charles LA 70606-7303  
Allen, Beauregard, Cameron, Parishes And Caleasiew Areas  
Phone#: 337-475-4466 337-477-7007

## MAINE

IG#: 09327 IG Name: Southern Maine IG Reg.#: 06  
PO Box 10642  
Portland ME 04104  
Southern Maine Including Portland, York, Bath, Augusta, Waterville And Scarborough  
Phone#: 207-774-HELP  
<http://www.oamaine.org/>

IG#: 09473 IG Name: Seacoast IG Reg.#: 06  
PO Box 666  
York ME 03909-0666  
Southern Maine And Seacoast Of New Hampshire  
Phone#: 603-433-5464  
<http://www.oaseacoast.org/>

IG#: 09516 IG Name: Central Maine IG Reg.#: 06  
PO Box 1599  
Bangor ME 04402  
Central And Northern Maine  
Phone#:

## MARYLAND

IG#: 09015 IG Name: Washington Dc Area IG Reg.#: 07  
3205 Fayette Road  
Kensington MD 20895  
Maryland & DC  
Phone#: 301-460-2800  
<http://www.oe-dcmetro.org>

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09088 IG Name: Baltimore Area IG Reg.#: 07  
PO Box 20013  
Baltimore MD 21284-0013  
Baltimore & Nearby Counties  
Phone#: 410-764-3136  
<http://www.oabaltimore.org>

IG#: 09339 IG Name: Annapolis Area IG Reg.#: 07  
PO Box 57  
Crownsville MD 21032  
Annapolis Area  
Phone#: 410-216-9444

IG#: 09509 IG Name: Northern Blue Ridge IG Reg.#: 07  
PO Box 1366  
Frederick MD 21702  
Parts of Central Maryland, Eastern Panhandle West Virginia, And Parts Of  
Southern Pennsylvania  
Phone#: 301-694-3554  
<http://www.northernblueridgeoa.org/>

## MASSACHUSETTS

IG#: 09025 IG Name: Mass Bay IG Reg.#: 06  
PO Box 74 7 Central St , Suite 209  
Arlington MA 02476  
Entire State Of Massachusetts  
Phone#: 781-641-2303  
<http://www.oambi.org>

IG#: 09106 IG Name: Central Massachusetts IG Reg.#: 06  
PO Box 20539  
Worcester MA 01602  
Phone#: 508-754-7712

IG#: 09125 IG Name: Cape Cod IG Reg.#: 06  
PO Box 273  
Centerville MA 02632  
Cape Cod, Wareham And Islands  
Phone#: 508-428-9848

IG#: 09130 IG Name: Western Mass IG Reg.#: 06  
PO Box 2911  
Springfield MA 01101-2911  
Western Massachusetts  
Phone#: 413-783-4198  
<http://oawmass.org/>

IG#: 09200 IG Name: North Shore IG Reg.#: 06  
PO Box 214  
Reading MA 01867-0314  
Greater Boston Area, And North Of Boston  
Phone#: 978-407-9909  
<http://www.northshoreintergroup.org/>

IG#: 09357 IG Name: Metrowest IG Reg.#: 06  
PO Box 600  
Needham Heights MA 02194  
West Boston Metro Area To Marlboro  
Phone#: 508-875-0001 617-527-1705  
<http://www.metrowestoa.org>

IG#: 09556 IG Name: South Coastal Mass IG Reg.#: 06  
PO Box 336  
Hull MA 02045-0336  
South Shore Massachusetts And Cape Cod  
Phone#: 781-925-1903  
<http://www.scmioa.org/>

IG#: 09579 IG Name: Apple Village IG Reg.#: 06  
C/o Higgins 53 Brimbal Ave  
Beverly MA 01915  
Beverly And Salem Areas  
Phone#: 978-921-7353

## MICHIGAN

IG#: 09026 IG Name: Greater Detroit IG Reg.#: 05  
25511 Southfield Road Suite 127  
Southfield MI 48075  
50 Mile Radius Of Detroit  
Phone#: 248-559-7722 877-244-4771  
<http://www.region5oa.org/detroit/Det-gen.html>

IG#: 09208 IG Name: Western MichIGan IG Reg.#: 05  
C/o Kovalcik 7782 N Custer  
Free Soil MI 49411  
Northwest Lower Michigan  
Phone#: 231-924-6489  
<http://www.region5oa.org/wmi/index.html>

IG#: 09251 IG Name: Greater Ann Arbor Area IG Reg.#: 05  
PO Box 7836  
Ann Arbor MI 48107  
50 Mile Radius Of Ann Arbor, Ypsilanti, Saline, Chelsea, Manchester, Brighton,  
Tecumseh  
Phone#: 734-480-4556 734-995-1835  
<http://www.washtenaw-overeaters.com/>

IG#: 09354 IG Name: Jackson Area IG Reg.#: 05  
PO Box 6348  
Jackson MI 49204  
Jackson And Lenawee Counties  
Phone#: 517-782-2244

## MINNESOTA

IG#: 09422 IG Name: Northern Serenity IG Reg.#: 04  
PO Box 161051  
Duluth MN 55807  
Northern Minnesota, Canada  
Phone#: 218-728-4644 218-310-4590

IG#: 09589 IG Name: Unity IG Reg.#: 04  
3208 W Lake St #45  
Minneapolis MN 55416  
Twin Cities And Surrounding Areas  
Phone#: 612-377-1600 888-540-1212  
<http://www.overeaters.org/>

## MISSISSIPPI

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09304 IG Name: Central Mississippi IG Reg.#: 08  
PO Box 16653  
Jackson MS 39236-6653  
Central Mississippi  
Phone#: 601-957-0321

## MISSOURI

IG#: 09029 IG Name: Saint Louis Bi-State IG Reg.#: 04  
9907 Gravois Road Suite E  
Saint Louis MO 63123  
Saint Louis Metro Area And Southern Illinois  
Phone#: 314-638-6070 314-638-6071 FAX  
<http://www.stlouisoa.org>

IG#: 09346 IG Name: Greater Ozarks IG Reg.#: 04  
PO Box 8675  
Springfield MO 65801  
  
Phone#: 417-875-5787

## MONTANA

IG#: 09087 IG Name: BIG Sky IG Reg.#: 01  
C/o Po Box 30533  
Billings MT 59107-0533  
Eastern Half Of Montana  
Phone#: 406-545-9218 406-656-2292

IG#: 09279 IG Name: Bitterroot IG Reg.#: 01  
C/o Hogan 1650 South 12th West  
Missoula MT 59801-4824  
Western Montana  
Phone#: 406-543-5509 406-777-7068

## NEBRASKA

IG#: 09075 IG Name: Greater Omaha IG Reg.#: 04  
PO Box 34117  
Omaha NE 68134  
Eastern And Central Nebraska, And Western Iowa  
Phone#: 402-344-7925  
<http://www.omahaoa.org>

IG#: 09135 IG Name: OA Links Of Lincoln IG Reg.#: 04  
C/o Po Box 80403  
Lincoln NE 68501-0403  
Lincoln Area, Southwest And South Central Nebraska  
Phone#: 402-473-1952

## NEVADA

IG#: 09074 IG Name: Las Vegas OA IG Reg.#: 03  
PO Box 28377  
Las Vegas NV 89126  
Las Vegas, Henderson, Saint George Utah, Barstow California, And Kingman  
Arizona  
Phone#: 702-593-2945  
<http://www.lvoa.org/>

IG#: 09325 IG Name: Northern Nevada Sierra IG Reg.#: 02  
PO Box 438  
Carson City NV 89702  
Northern Nevada And Part Of California Including Reno And Lake Tahoe  
Phone#: 775-747-7380  
<http://www.nnsi.oar2.org/>

## NEW HAMPSHIRE

IG#: 09190 IG Name: New Hampshire OA IG Reg.#: 06  
PO Box 1363  
Derry NH 03038-6363  
All Of New Hampshire Except Seacoast  
Phone#: 603-434-7578  
<http://www.oanewhampshire.org>

## NEW JERSEY

IG#: 09031 IG Name: Central Jersey IG Reg.#: 07  
PO Box 284  
Woodbridge NJ 07095  
Central New Jersey  
Phone#: 908-253-3464 732-634-6695  
<http://www.oa-centraljersey.org/>

IG#: 09057 IG Name: North Jersey IG Reg.#: 07  
PO Box 827  
Fair Lawn NJ 07410  
Northern New Jersey- Bergen Passaic, Hudson & Essex Counties  
Phone#: 973-746-8787  
<http://www.njioa.org>

IG#: 09069 IG Name: South Jersey IG Reg.#: 07  
PO Box 766  
Voorhees NJ 08043  
Southern New Jersey, Ig Meeting 1st Sat Of The Month Only  
Phone#: 609-239-0022  
<http://www.southjerseyoa.org>

IG#: 09344 IG Name: Jersey Shore IG Reg.#: 07  
PO Box 571  
Manahawkin NJ 08050  
Lakewood To Mays Landing  
Phone#: 609-698-0244  
<http://www.jerseyshoreoa.org/>

IG#: 09520 IG Name: West Jersey IG Reg.#: 07  
C/o 14 Buena Rd  
Parsippany NJ 07054  
Morris, Warren, Sussex And Essex Counties  
Phone#: 973-335-1717  
<http://www.wjioa.org/>

## NEW MEXICO

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09024 IG Name: Central New Mexico IG Reg.#: 03  
PO Box 30273  
Albuquerque NM 87190-0273  
Central Part Of New Mexico And Durango Colorado  
Phone#: 505-292-9080

IG#: 09416 IG Name: Northern New Mexico OA IG Reg.#: 03  
PO Box 4271  
Santa Fe NM 87502  
Northern New Mexico And Southern Colorado  
Phone#: 505-984-1315  
<http://www.northernnewmexicooa.org>

## NEW YORK

IG#: 09033 IG Name: Greater NY OA Metro IG Inc. Reg.#: 06  
PO Box 1235  
New York NY 10159-1235  
5 Boroughs Of New York City  
Phone#: 212-946-4599  
<http://www.oanyc.org>

IG#: 09034 IG Name: Nassau County IG Reg.#: 06  
C/o 459 Argyle Rd  
Cedarhurst NY 11516  
Mid Long Island  
Phone#: 516-794-1333 516-579-0888  
<http://www.nassauoa.org>

IG#: 09036 IG Name: Suffolk County IG Reg.#: 06  
231 Buffalo Drive  
Medford NY 11763-3730  
Suffolk County Long Island New York  
Phone#: 631-475-5965 631-475-6987  
<http://www.suffolkoa.org>

IG#: 09038 IG Name: Westchester United IG Reg.#: 06  
PO Box 125  
White Plains NY 10603  
Westchester And Putnam Counties  
Phone#: 914-633-2988 Hotline  
<http://www.oahelps.org>

IG#: 09055 IG Name: Greater Rochester IG Reg.#: 06  
PO Box 20683  
Rochester NY 14602  
Rochester And Surrounding Counties  
Phone#: 585-234-5435  
<http://www.rochesteroa.com/>

IG#: 09056 IG Name: \*Western New York IG Reg.#: 06  
PO Box 44 S Side Station -Returned mail\_  
Buffalo NY 14220  
Western New York- Erie, Niagara, Orleans, And Allegheny Counties  
Phone#: 716-694-4848  
<http://www.oawny.com/>

IG#: 09063 IG Name: Queens Unity IG Reg.#: 06  
PO Box 650187  
Fresh Meadows NY 11365-0187  
Queens Ny  
Phone#: 718-225-4200 718-962-2755  
<http://www.queensoa.org>

IG#: 09067 IG Name: Greater Syracuse IG Reg.#: 06  
Po Box 20683  
Rochester NY 14602  
Central New York  
Phone#: 315-450-0470 315-437-0088  
<http://mysite.verizon.net/vzewojeu/oasyracuse/>

IG#: 09079 IG Name: NYS Capital District IG Reg.#: 06  
PO Box 145  
Albany NY 12201  
Albany, Schenectady, Troy, Saratoga And Glens Falls  
Phone#: 518-292-0666

IG#: 09137 IG Name: Staten Island IG Reg.#: 06  
Box 216 Eltingville Post Office  
Staten Island NY 10312  
All Of Staten Island,<Http://sioa.org/>  
Phone#: 718-605-1393 718-966-8330  
<http://sioa.org/>

IG#: 09148 IG Name: Overeaters Anonymous Southern Tier IG Reg.#: 06  
PO Box 771  
Binghamton NY 13901  
Binghamton New York And Southern Tier  
Phone#: 607-722-0421

IG#: 09150 IG Name: Bronx IG Reg.#: 06  
C/o 1225 Waring Avenue  
Bronx NY 10469-5730  
East Bronx, Pelham Parkway, Riverdale, And Wakefield  
Phone#: 866-841-9139 ex2229

IG#: 09206 IG Name: Mid Hudson IG Reg.#: 06  
C/o Hurley 3d Lamplight Village  
Monroe NY 10950  
Ulster, Kingston, Orange, Dutchess, Greene, Sullivan And Columbia Counties  
Phone#: 845-657-6603 HOTLINE 845-783-5715  
<http://www.midhudsonoa.org/>

IG#: 09368 IG Name: Long Island How IG Reg.#: 06  
C/o Fitzpatrick 1110 Route 109, Suite 102  
Farmingdale NY 11735  
Nassau And Suffolk Counties  
Phone#: 516-845-5423

IG#: 09439 IG Name: Ithaca New York IG Reg.#: 06  
C/o Thomas 489 Midline Rd  
Freeville NY 13068  
Tompkins County  
Phone#: 607-387-8253 607-331-4329

IG#: 09586 IG Name: R.C.OA IG Reg.#: 06  
C/o 213-01 75th Ave #2b  
Bayside NY 11364  
Rockland County  
Phone#: 845-639-2620

## NORTH CAROLINA

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09185 IG Name: Piedmont IG Reg.#: 08  
C/o 8263 Southgate Commons Dr  
Charlotte NC 28277  
50 Mile Radius Of Charlotte  
Phone#: 704-319-1625 704-542-4849  
<http://www.supportworks.org/info/oa.htm>

IG#: 09230 IG Name: Western Carolina IG Reg.#: 08  
PO Box 19783  
Asheville NC 28815-1783  
Asheville North Carolina, Greenville/Spartanburg South Carolina  
Phone#: 864-282-0105 SC 828-258-4821 NC

IG#: 09314 IG Name: Triangle IG Reg.#: 08  
PO Box 20356  
Raleigh NC 27619  
Orange, Durham, Wake, Chatam, Moore, Scotland And Cumberland Counties  
Phone#: 919-406-9300  
<http://www.triangleoa.org/>

IG#: 09445 IG Name: Triad IG Reg.#: 08  
3517 Regents Park Ln  
Greensboro NC 27455  
Triad Area Including Winston-Salem, Greensboro And Highpoint  
Phone#: 336-545-8008

IG#: 09533 IG Name: Coastal Carolina IG Reg.#: 08  
C/o De Lano 110 Shipman Rd  
Havelock NC 28532  
Southeastern North Carolina  
Phone#: 800-308-2940 252-447-1690

## NORTH DAKOTA

IG#: 09211 IG Name: Red River Valley IG Reg.#: 04  
PO Box 9951  
Fargo ND 58106-9951  
All Of North Dakota And 100 Miles Into Minnesota And South Dakota  
Phone#: 218-236-1432 218-287-5323

## OHIO

IG#: 09039 IG Name: \*Akron Area IG Reg.#: 05  
PO Box 4896 -Returned Mail-  
Akron OH 44310-0896  
Akron Metro Area  
Phone#: 330-375-1860 800-589-6262

IG#: 09040 IG Name: Greater Cincinnati IG Reg.#: 05  
PO Box 222  
Cincinnati OH 45201-0222  
Greater Cincinnati, Northern Kentucky And Indiana  
Phone#: 513-921-1922  
<http://cincinnatiia.org/>

IG#: 09041 IG Name: Cleveland Central IG Reg.#: 05  
PO Box 29087  
Parma OH 44129  
Metropolitan Cleveland Area  
Phone#: 866-268-2160  
<http://www.region5oa.org/cleveland/index.html>

IG#: 09102 IG Name: Toledo IG Reg.#: 05  
C/o Buckwell 3808 W Sylvania Ave #h  
Toledo OH 43623  
Northwest Ohio And Southeast Michigan  
Phone#: 800-589-6262 419-292-1638

IG#: 09122 IG Name: Greater Canton Area IG Reg.#: 05  
C/o Murphy 4639 18th St Nw  
Canton OH 44708  
800-589-6262, Greater Canton Area  
Phone#: 330-489-6740

IG#: 09134 IG Name: Central Ohio Service IG Reg.#: 05  
PO Box 14268  
Columbus OH 43214-4268  
Central And South Eastern Ohio  
Phone#: 614-253-2492  
<http://www.region5oa.org>

IG#: 09175 IG Name: Greater Dayton IG Reg.#: 05  
C/o St Mark's Episcopal Church 456 Woodman Dr  
Dayton OH 45431  
Southwest Ohio And Surrounding Dayton, Kettering, Huber Heights  
Phone#: 937-252-6766  
<http://www.region5oa.org/dayton>

IG#: 09373 IG Name: Mad River Valley IG Reg.#: 05  
PO Box 2322  
Springfield OH 45501  
Springfield, Xenia And Clark Counties  
Phone#: 937-342-2165  
<http://www.region5oa.org/madriver/index.html>

## OKLAHOMA

IG#: 09097 IG Name: Tulsa Green Country IG Reg.#: 03  
4815 S Sheridan #111  
Tulsa OK 74145-5715  
Tulsa County Area  
Phone#: 918-632-0199  
<http://www.tulsaoa.org/>

IG#: 09167 IG Name: Greater Oklahoma City IG Reg.#: 03  
4010 N Lincoln Blvd Suite 104 PO Box 60903  
Oklahoma City OK 73146-0903  
Central And Western Oklahoma  
Phone#: 405-942-0577  
<http://www.oaokc.org/>

## OREGON

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09043 IG Name: Oregon OA IG Reg.#: 01  
PO Box 2429  
Portland OR 97208-2429  
Nw Oregon & S Central Washington  
Phone#: 503-254-5658  
<http://www.oregon-oa.org>

IG#: 09166 IG Name: Emerald Empire IG Reg.#: 01  
PO Box 1343  
Eugene OR 97401  
South West Oregon  
Phone#: 541-463-7618  
<http://www.eugeneoa.org/>

IG#: 09384 IG Name: Jefferson State IG Reg.#: 01  
C/o Rubert Po Box 215  
Phoenix OR 97535  
Southern Oregon And Northern California  
Phone#: 541-779-1190 541-885-3509

IG#: 09488 IG Name: Eagle Cap Reg.#: 01  
2415 Ash St  
Baker City OR 97814  
Northeastern Oregon  
Phone#: 541-523-5128  
<http://www.oaregion1.org/Intergroups/ecap.htm>

IG#: 09529 IG Name: Catch The Wave IG Reg.#: 01  
C/o Cindy T Po Box 1466  
Wincheshter Bay OR 97467  
Coos Bay, North Bend, Bandon And Florence  
Phone#: 541-271-2436

IG#: 09592 IG Name: Central Oregon IG Of OA Reg.#: 01  
C/o 430 Nw Drake Rd  
Bend OR 97701  
Central Oregon  
Phone#: 541-306-6844 541-548-6212

## PENNSYLVANIA

IG#: 09044 IG Name: PaIG Philadelphia Area IG Reg.#: 07  
PO Box 129  
Warminster PA 18974  
Philadelphia, Montgomery And Bucks County  
Phone#: 215-674-4418  
<http://www.aa-phila.org/>

IG#: 09045 IG Name: Greater Pittsburgh IG Reg.#: 07  
C/o Po Box 5459  
Pittsburgh PA 15206  
75 Mile Radius Of Pittsburgh  
Phone#: 412-765-3004  
<http://www.gpioa.org/>

IG#: 09098 IG Name: Northeastern PA IG Reg.#: 07  
PO Box 1444  
Kingston PA 18704  
Northeastern Pennsylvania  
Phone#: 800-432-8007 570-829-1341

IG#: 09170 IG Name: Penn-Jersey IG Reg.#: 07  
C/o 1747 W Cedar St  
Allentown PA 18104  
Greater Lehigh Valley, Lehigh And North Hampton County  
Phone#: 610-435-2736 610-791-5279

IG#: 09197 IG Name: South Central Penn IG Reg.#: 07  
PO Box 12184  
Reading PA 19612  
Dauphin, Berks, Lebanon, Lancaster, York, Perry, Cumberland, Adams, South  
Franklin And South Central PA  
Phone#: 610-370-9090  
<http://www.scpoi.org/>

IG#: 09254 IG Name: Brandywine IG Reg.#: 07  
PO Box 605  
Brynmawr PA 19010-0605  
Delaware, Chester And Southwestern Montgomery Counties  
Phone#: 610-565-9695  
<http://www.aa-brandywine.org>

IG#: 09274 IG Name: Crossroads Of Hope IG Reg.#: 05  
C/o S Lander 1298 Butler Pike  
Mercer PA 16137  
Youngstown Ohio And Western Pennsylvania  
Phone#:

IG#: 09385 IG Name: Greater Erie Area IG Reg.#: 07  
C/o J Kennedy 303 E Lakeview Blvd  
Erie PA 16504  
Erie County And Northwestern Pennsylvania  
Phone#: 814-454-7486  
<http://frontpage.erie.net/erieoa/default.htm>

IG#: 09465 IG Name: Lackawanna Area IG Reg.#: 07  
PO Box 46  
Clarks Summit PA 18411  
Scranton Clarks Summit  
Phone#: 570-587-4313

## PUERTO RICO

IG#: 09293 IG Name: Puerto Rico IG Reg.#: 08  
711 Olimpo Plaza Munoz Rivera Ave  
San Juan PR 00927  
All Of Puerto Rico  
Phone#: 787-783-6745 787-753-1952  
<http://www.oapr.org/>

## RHODE ISLAND

IG#: 09449 IG Name: Ocean And Bay IG Reg.#: 06  
PO Box 41273  
Providence RI 02940-1273  
All of Rhode Island And Southeast Massachusetts  
Phone#: 401-438-1301 401-658-2762  
<http://www.oceanandbay.org/>

## SOUTH CAROLINA

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09080 IG Name: \*Central Midlands IG Reg.#: 08  
PO Box 2407 -Returned Mail-  
Columbia SC 29202  
Central Area Of South Carolina  
Phone#: 803-736-9878

IG#: 09210 IG Name: Lowcountry IG Reg.#: 08  
C/o Mccunn 611 Dowling  
Walterboro SC 29488  
Charleston, Summerville, And Beaufort Counties  
Phone#: 843-577-9499

IG#: 09431 IG Name: Grand Strand IG Reg.#: 08  
PO Box 30806  
Myrtle Beach SC 29588  
Myrtle Beach, Surfside And North Myrtle Beach  
Phone#: 843-222-3416 843-421-3120

IG#: 09615 IG Name: Coastal South Carolina Reg.#: 08  
44 Old Fort Dr  
Hilton Head Island SC 29926

Phone#:

## SOUTH DAKOTA

IG#: 09418 IG Name: Hills And Plains OA IG Reg.#: 04  
PO Box 3295  
Rapid City SD 57719  
Western Midwest  
Phone#:

## TENNESSEE

IG#: 09126 IG Name: Smoky Mountain IG Reg.#: 08  
PO Box 11381  
Knoxville TN 37919  
Knoxville And East Tennessee, Smoky Mountains, Maryville, La Follette,  
Morristown, Greenville, And Sevierville  
Phone#: 865-671-8871

IG#: 09165 IG Name: Greater Memphis Area IG Reg.#: 08  
C/o B Tunney 2095 Exeter Road #80  
Germantown TN 38138  
Memphis And Surrounding Areas  
Phone#: 901-458-5261  
<http://www.oamemphis.org>

IG#: 09228 IG Name: Middle Tennessee IG Reg.#: 08  
The Barnes Building, 392 Harding Place, Suite 110  
Nashville TN 37211  
Middle Tennessee, Nashville And Surrounding Counties  
Phone#: 615-833-5402  
<http://www.oanashville.org>

IG#: 09260 IG Name: Unity IG Reg.#: 08  
PO Box 23872  
Chattanooga TN 37422  
Chattanooga Tennessee And Northern Georgia  
Phone#: 423-894-9966 706-866-9181

## TEXAS

IG#: 09047 IG Name: Coastal Bend IG Reg.#: 03  
PO Box 8448  
Corpus Christi TX 78468  
Gulf Coast, Coastal Bend Area Of Texas  
Phone#: 361-882-1165

IG#: 09048 IG Name: Dallas Metroplex IG Reg.#: 03  
331 Melrose Dr #116  
Richardson TX 75080  
Dallas Metroplex Area  
Phone#: 972-238-0333  
<http://www.oadallas.org>

IG#: 09050 IG Name: Houston Metro IG Reg.#: 03  
PO Box 741836  
Houston TX 77274-1836  
Houston Metropolitan Area  
Phone#: 713-973-6633  
<http://www.oahouston.org>

IG#: 09163 IG Name: Tri County IG Reg.#: 03  
Pantego Po Box 14324  
Arlington TX 76094-1324  
Fort Worth, Arlington, Hurst, Weatherford, Cleburne, Granbury, Stephenville,  
And Colleyville Areas  
Phone#: 817-303-2888 817-292-2010  
<http://www.oa-tricounty.org/>

IG#: 09229 IG Name: Heart Of Texas IG Reg.#: 03  
PO Box 4116  
Austin TX 78765-4116  
Austin And Surrounding Counties  
Phone#: 512-327-2802 512-251-6973  
<http://www.main.org/hotig>

IG#: 09244 IG Name: San Antonio Area IG Reg.#: 03  
PO Box 5458  
San Antonio TX 78201  
San Antonio And South Texas  
Phone#: 210-492-5400  
<http://oasanantonio.org/>

IG#: 09342 IG Name: Galveston/ Bay Area IG Reg.#: 03  
PO Box 992  
League City TX 77574  
Galveston, Houston And Bay Area  
Phone#: 281-557-0663 281-471-4114  
<http://www.OAgalveston.org/>

IG#: 09374 IG Name: Rio Grande Valley IG Reg.#: 03  
3311 Megan Dr  
Edinberg TX 78539  
Brownsville, Harlingen, Weslaco, Donna, Pharr, San Juan, Alamo, Mcallen,  
Mission And Zapata  
Phone#: 956-428-4204

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09378 IG Name: Big Country IG Reg.#: 03  
C/o Towell 1150 S Leggett Dr  
Abilene TX 79605  
Central West Texas  
Phone#: 325-673-0875  
<http://oabigcountry.net/>

IG#: 09462 IG Name: Golden Crescent IG Reg.#: 03  
2010 N Navarro Suite B  
Victoria TX 77901  
Victoria, Port Lavaca And Refugio Areas  
Phone#: 361-503-2828  
<http://www.oavictoria.org/>

IG#: 09477 IG Name: West Texas How IG Reg.#: 03  
C/o 1310 East Red Creek Road  
San Angelo TX 76905-8325  
Tom Green County And Concho Valley Area  
Phone#: 915-653-3030

IG#: 09513 IG Name: Houston How OA IG Reg.#: 03  
714 West Janisch  
Houston TX 77018  
Houston And Galveston Areas  
Phone#: 713-699-8151

IG#: 09617 IG Name: El Paso Serenity IG Reg.#: 03  
173 Lago Lindo Drive  
Horizon TX 79928  
El Paso County  
Phone#: 866-890-9625

## UTAH

IG#: 09159 IG Name: Northern Utah IG Reg.#: 03  
PO Box 65035  
Salt Lake City UT 84165  
Northern Utah, Including Salt Lake City, Ogden, And Logan  
Phone#: 801-484-1442 801-487-2350  
<http://www.oautah.org/>

IG#: 09500 IG Name: A New Peace IG Reg.#: 03  
C/o Wilcox 1409 South 150 East  
Nephi UT 84648-2148  
UT County And Areas S In UT Excluding St George  
Phone#: 801-224-8389 801-222-9302

## VERMONT

IG#: 09543 IG Name: Green Mountain North IG Reg.#: 06  
PO Box 1352  
Burlington VT 05402-1352  
Northern Vermont And Nearby Areas  
Phone#: 802-863-2655 802-363-3747  
<http://www.oovermont.org/>

## VIRGINIA

IG#: 09136 IG Name: Tidewater IG Reg.#: 07  
PO Box 61908  
Virginia Beach VA 23466-1908  
Tidewater Area, Norfolk, Chesapeake, Elizabeth City, Portsmouth, Eastern Shore,  
Virginia Beach, And Newport News  
Phone#: 757-456-1530  
<http://oatidewater.org/>

IG#: 09207 IG Name: Central Virginia IG Reg.#: 07  
PO Box 70611  
Richmond VA 23255-0611  
Central Virginia  
Phone#: 804-346-5797  
<http://www.richmondoa.org>

IG#: 09253 IG Name: Southwestern Virginia Agape IG Reg.#: 07  
PO Box 20621  
Roanoke VA 24018  
Southwestern Virginia  
Phone#:   
<http://www.swvaoa.org/>

IG#: 09348 IG Name: Tri State Recovery IG Reg.#: 07  
C/o J Armel 124 Appomattox Dr  
Stephens City VA 22655  
Western Maryland, Northern Virginia And Eastern West Virginia  
Phone#: 540-868-2284

IG#: 09358 IG Name: Northern Virginia Outreach IG Reg.#: 07  
C/o Po Box 231  
Catharpin VA 20143-0231  
50 Mile Radius Of Washington Dc, And South And West Virginia  
Phone#: 703-823-6682  
<http://www.oanova.org>

IG#: 09489 IG Name: OA Harrisonburg IG Reg.#: 07  
C/o 53 Weaver Avenue  
Harrisonburg VA 22801-0347  
Harrisonburg City And Rockingham County  
Phone#:

## WASHINGTON

IG#: 09093 IG Name: Greater Columbia IG Reg.#: 01  
PO Box 6672  
Kennewick WA 99336-0628  
Eastern Washington And North East Oregon  
Phone#: 509-943-4626 509-783-7408

IG#: 09107 IG Name: Lake Country IG Reg.#: 01  
PO Box 4054  
Spokane WA 99202-4054  
Eastern Washington, North Idaho And Southern Bc Canada  
Phone#: 509-328-9972

IG#: 09132 IG Name: North Cascades IG Reg.#: 01  
C/o J Washburn 10333 53rd Ave Ne  
Marysville WA 98270  
Whatcom, Skagit And San Juan Counties  
Phone#: 360-428-7107

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09193 IG Name: Pierce County IG Reg.#: 01  
PO Box 39397  
Tacoma WA 98496  
Pierce County  
Phone#: 253-472-5356

IG#: 09194 IG Name: Greater Seattle IG Reg.#: 01  
PO Box 17415  
Seattle WA 98127  
Seattle And The Suburbs  
Phone#: 206-264-5045 425-497-1421  
<http://www.seattleoa.org>

IG#: 09196 IG Name: Peninsula IG Reg.#: 01  
2949 Ne Winesap Ct  
Poulsbo WA 98370  
Puget Sound Area  
Phone#: 360-417-1570  
<http://www.oaregion1.org/intergroups/peninsula.htm>

IG#: 09480 IG Name: Unity With Diversity IG Reg.#: 01  
C/o Sherman 2617 Saint Paul St  
Bellingham WA 98226  
Whatcom County Area  
Phone#: 360-676-2279 HOTLINE 360-366-4214

IG#: 09587 IG Name: Pierce Thurston How IG Reg.#: 01  
C/o 5103 Timberlane NW  
Gig Harbor WA 98335  
Pierce, Thurston, Grays Harbor counties  
Phone#: 253-851-5621 253-381-0420

## WEST VIRGINIA

IG#: 09271 IG Name: Mountain State IG Reg.#: 07  
c/o E Chwalibog 320 9th Avenue  
Huntington WV 25701  
Central And Southern West Virginia  
Phone#:

## WISCONSIN

IG#: 09053 IG Name: Milwaukee Area IG Reg.#: 05  
7441 W Greenfield Ave #12  
West Allis WI 53214-4676  
Milwaukee, Washington, Waukesha And Ozaukee Counties  
Phone#: 414-259-0640  
[http://www.region5oa.org/milwaukee/Milwaukee\\_index.html](http://www.region5oa.org/milwaukee/Milwaukee_index.html)

IG#: 09073 IG Name: Rock River IG Reg.#: 05  
515 S. Fremont  
Janesville WI 53545-4213  
Northern Illinois And Extreme Southern Wisconsin  
Phone#: 815-397-8512

IG#: 09161 IG Name: Madison Area IG Reg.#: 05  
PO Box 294  
Madison WI 53701  
Madison And Surrounding Areas  
Phone#: 800-598-6262 608-663-8823  
<http://www.oamadison.org>

IG#: 09201 IG Name: Northeast Wisconsin IG Reg.#: 05  
PO Box 1842  
Appleton WI 54912  
Northeastern Wisconsin And Upper Peninsula Of Michigan  
Phone#:  
<http://www.region5oa.org/newi/index.html>

## WYOMING

IG#: 09430 IG Name: Outstate IG Reg.#: 03  
182 Park Ave  
Torrington WY 82240  
Scottsbluff, Alliance And Torrington Wyoming  
Phone#: 307-532-5730 307-532-8767

## Australia

IG#: 09072 IG Name: OA Melbourne IG Reg.#: 10  
Gpo Box 1102j  
Melbourne Vic 3001 Australia  
Melbourne And Surrounding Area  
Phone#: +61-03-9521-3696

IG#: 09239 IG Name: Sydney IG Reg.#: 10  
PO Box 35  
Dulwich Hill Nsw Nsw 2203 Australia  
Sydney Metropolitan Area And New South Wales Country Area  
Phone#: 612-9518-3004  
<http://www.oasydney.org>

IG#: 09273 IG Name: Adelaide IG Reg.#: 10  
PO Box 206 Unley 5061  
South Aust Australia  
South Australia  
Phone#: 618-8224-0500

IG#: 09336 IG Name: Brisbane OA IG Reg.#: 10  
PO Box 15015  
City East Brisbane Qld 4002 Australia  
All Of Queensland  
Phone#: +61-07-32296977 07-3839-5149  
<http://www.oabrisbane.org>

IG#: 09341 IG Name: Perth Overeaters Anonymous IG Reg.#: 10  
Lotteries House 2 Delhi St  
West Perth 6005 Australia  
Western Australia  
Phone#: 61-8-9420-7254

## Austria

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09614 IG Name: Austria IG Reg.#: 09  
Amerlinghaus Kulturverein Spittelberg Stiflgasse 8  
Vienna A-1070 Austria

Phone#: ++43-(0)676-7879144

## Belgium

IG#: 09459 IG Name: Flemish IG Reg.#: 09

Herentalsebaan 339  
2100 Deurne Belgium  
Flanders

Phone#: 032-3-7666703 032-486-402009  
<http://www.anoniemeovereters.be/>

IG#: 09597 IG Name: IG OA Francophone De Belgique Reg.#: 09

Outremangeurs Anonymes Oa Rue De Bruxelles, 15  
Wavre B1300 Belgium  
Wallonie & Brussels, All French Speaking Groups in Belgium

Phone#:

## Brazil

IG#: 09389 IG Name: Rio De Janeiro IG Reg.#: 08

Rua Senador Dantas 117/sl 1309 Centro  
Rio De Janeiro, Rj - 20031-201 Brazil  
The State Of Rio De Janeiro

Phone#: 55-21-2262-8468  
<http://www.ccarj.org.br/>

IG#: 09452 IG Name: Intergroupo Sul De Comedores Reg.#: 08

Rua Dos Andradas 1137 Conj 108  
Porto Alegre Cep 90020-007 Rs Brazil  
Estados De Rio Grande Do Sul

Phone#: 55-51-32863748

IG#: 09505 IG Name: Intergroupo Ceara Reg.#: 08

Cx Postal 376 - Ag. Central Dos Correios  
Fortaleza - CearÁ - Cep: 60001-970 Brazil  
Fortaleza-Ceara

Phone#: 55-85-3220-7239

IG#: 09506 IG Name: Interior De Sao Paulo IG Reg.#: 08

Rua Olavo Bilac, 263, Bairro Boa Vista  
Limeira Sp 13486-123 Brazil  
Cities In Inner Sao Paulo

Phone#:

IG#: 09507 IG Name: Intergroupo De Mg (Minas Gerais) OA Reg.#: 08

Rua Goitacazes 333 Sala 1003 Centro Cep 30190 050  
Belo Horizonte Mg Brazil  
Minas Gerais

Phone#: 55-31-3213-2052 55-31-3464-4791

IG#: 09560 IG Name: Iscca-ABC Service IG Reg.#: 08

Rua Luiz Pinchiarri, 33 - Jd Paramount -  
Sao Bernardo Do Campo - Sp CEP 09608-070 Brazil  
Maua, Sao Bernardo Do Campo, Santo Andre, Sao Caetano Do Sul, Rebeirao  
Pines

Phone#:

IG#: 09605 IG Name: Intergroupo Do Distrito Federal Reg.#: 08

Sqn 311, Bloco B, Apto 208, Asa Norte,  
Brasilia DF 70757-020 Brazil

Phone#: 55-61-3447-7787 55-61-8168-8560  
<http://www.ccadf.hpg.ig.com.br/>

## Brazil NSB

IG#: 09962 IG Name: Juncab Nsb Reg.#: 08

Rua Debret 79 Sala 702 Castelo  
Rio De Jeaneiro RJ CEP 20030-080 Brazil  
MG Brazil

Phone#: 55-21-25325174

## CANADA - ALBERTA

IG#: 09215 IG Name: Southern Alberta IG Reg.#: 01

PO Box 1527 Station T  
Calgary AB T2H 3A3 Canada  
Southern Alberta, Red Deer South To Us Border

Phone#: 403-691-1030  
<http://www.aa-southernalberta.com/>

IG#: 09235 IG Name: Northern Lights IG Reg.#: 01

#1598-5328 Calgary Trail Nw  
Edmonton AB T6H 4J8 Canada  
Northern Alberta

Phone#: 780-423-2546

## CANADA - BRITISH COLOMBIA

IG#: 09217 IG Name: Sea To Sky IG Reg.#: 01

PO Box 1206 Rpo Metrotown  
Burnaby BC V5H 4J8 Canada  
British Columbia Lower Mainland And Outer Areas

Phone#: 604-878-4575  
<http://www.oaregion1.org/Intergroups/SeaandSky.htm>

IG#: 09263 IG Name: Vancouver Island IG Reg.#: 01

PO Box 5332, Station B  
Victoria BC V8R 5B1 Canada  
Vancouver Islands

Phone#: 250-413-3093  
<http://www.oaregion1.org/viig.htm>

IG#: 09285 IG Name: Southern BC Interior IG Reg.#: 01

PO Box 20139 Rpo Town Center  
Kelowna BC V1Y 9H2 Canada  
South Central British Columbia And North Washington

Phone#:

# Overeater Anonymous Service Board Directory

November 04, 2009

## CANADA - MANITOBA

IG#: 09204 IG Name: Heart Of Canada IG Reg.#: 04  
Box 26055  
Winnipeg MB R3G 3R3 Canada  
Manitoba And Northwest Ontario  
Phone#:

## CANADA - NEW BRUNSWICK

IG#: 09316 IG Name: OANB (New Brunswick IG) Reg.#: 06  
C/o 16 Pine Ave  
Saint John NB E2M 6J8 Canada  
Province Of New Brunswick Additional Ig Contact Elsa 506-632-8017  
Phone#: 506-363-5193 506-696-4755

## CANADA - NEWFOUNDLAND

IG#: 09392 IG Name: Island IG Reg.#: 06  
PO Box 28012  
St Johns NL A1B 4J8 Canada  
Newfoundland  
Phone#: 709-738-1742 709-834-1056

## CANADA - NOVA SCOTIA

IG#: 09262 IG Name: Nova Scotia IG Reg.#: 06  
144 Panuke Road RR#2 Box 20  
Windsor NS B0N 2T0 Canada  
Nova Scotia  
Phone#:

## CANADA - ONTARIO

IG#: 09110 IG Name: Central Ontario IG Reg.#: 06  
Paulist Ministry Centre 830 Bathurst Street  
Toronto ON M5R 3G1 Canada  
North Central Ontario, Toronto, Kitchener (w), And Belleville (e)  
Phone#: 416-588-6134 866-221-5061  
<http://www.oaontario.org/>

IG#: 09180 IG Name: Southwestern Ontario IG Reg.#: 05  
C/o Cote 160 Gignac Crescent  
Lasalle ON N9J 3S4 Canada  
Southwestern Ontario Including Windsor, Essex County and Kent County  
Phone#: 519-257-1521

IG#: 09275 IG Name: Ottawa District IG Reg.#: 06  
C/o Westgate Postal Outlet Po Box 35036, 1309 Carling Ave  
Ottawa ON K1Z 1A2 Canada  
Eastern Ontario  
Phone#: 613-820-5669  
<http://www.aa-ottawa.ca>

IG#: 09486 IG Name: Land Between The Lakes IG Reg.#: 05  
PO Box 24005  
London ON N6H 5C4 Canada  
Southwest Ontario Excluding Kitchener And Windsor  
Phone#: 519-457-8686  
[http://www.region5oa.org/ontario\\_files/ontario.html](http://www.region5oa.org/ontario_files/ontario.html)

## CANADA - QUEBEC

IG#: 09140 IG Name: Montreal English IG Reg.#: 06  
17 Rue Lalonde  
Chateauguay QC J6J 5B3 Canada  
Quebec And Eastern Ontario  
Phone#: 514-488-1812

IG#: 09160 IG Name: Intergroupe OA Francais De Montreal Reg.#: 06  
312 Beaubien Est  
Montreal QC H2S 1R8 Canada  
Parts Of Quebec And Ontario  
Phone#: 514-490-1939  
<http://www.outremangeurs.org>

IG#: 09330 IG Name: Intergroupe OA Quebec Reg.#: 06  
C.p. 31121 2700 Boul Laurier  
Quebec QC G1C 2L8 Canada  
Eastern Quebec Province  
Phone#: 418-871-8240

IG#: 09600 IG Name: Intergroupe OA Francais De L'outaouais Reg.#: 06  
14, Chemin Briere  
Bowman QC J0X 3C0 Canada  
Eastern Ontario  
Phone#: 819-454-2449 819-986-3136  
<http://www.aa-ottawa.ca>

## CANADA - SASKATCHEWAN

IG#: 09202 IG Name: Regina IG Reg.#: 01  
C/o 5035 Newport Road  
Regina SK S4S 7A5 Canada  
Regina And District  
Phone#: 306-586-1080 306-924-0877  
<http://www.oaregina.com>

## Colombia

IG#: 09566 IG Name: Intergrupos Medellin Reg.#: 08  
Coloma A #4024 Calle 44 #80-47 Of 203  
Medellin Antioquia Colombia  
Medellin Area Including Bogota, Barranquilla, Bucaramanga, Cali, Popayan And Cucuta  
Phone#: 057-4-250-9850 057-4-347-2872  
<http://www.oacolombia.org/>

## Colombia NSB

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09966 IG Name: Centro Nacional De Servicio Colombia Reg.#: 08  
Coloma A #4024 Calle 44 #80-47 Of 203  
Medellin Antioquia Colombia  
Bogota, Barranquilla, Bucaramanga, Cali, Palmira, Armenia And Medellin  
Phone#:  
<http://www.oacolombia.org/>

## Costa Rica

IG#: 09604 IG Name: Costa Rica IG Reg.#: 08  
G Avalos Sjo 85519 7979 Nw 21st St  
Doral FL USA 33122-1616 Costa Rica

Phone#: 506-2203-3439  
<http://ccacostarica.org/>

## Cuba

IG#: 09576 IG Name: Love Cuba Reg.#: 08  
c/o Calzada Apto. No.8'56,% 4y6; Vedado  
Havana Havana HB 10400 Cuba  
All of Cuba  
Phone#: 53-5-833-0350 53-5-873-9324

## Denmark NSB

IG#: 09971 IG Name: NSB OA Denmark Reg.#: 09  
I C Zabell Mimergade 21, 1 Th  
Dk 2200 Copenhagen N Denmark  
Denmark  
Phone#: 0045-70201252  
<http://www.aa-dk.org/>

## England

IG#: 09139 IG Name: OA South & East England IG Reg.#: 09  
Bm 4339  
London WC1N 3XX England  
London And South And East England  
Phone#: +44(0)8702-259-728  
<http://www.oasouthandeastengland.org.uk/>

IG#: 09481 IG Name: South Coast IG Reg.#: 09  
C/o 34 Durham Gardens  
Waterlooville Hampshire PO7 7BB England  
Hampshire, Dorset, Sussex, And Surrey Areas  
Phone#: 44-07507-133933  
<http://www.oasouthcoast.org.uk/>

IG#: 09536 IG Name: Kent And Essex IG Reg.#: 09  
C/o Canale Nettleshead Place  
Maidstone Kent ME185HA England  
Kent And Essex Counties/ Southeast England  
Phone#: 01634-817372 +44-1277221033  
<http://www.oagb.org.uk/>

IG#: 09563 IG Name: North Of England IG Reg.#: 09  
PO Box 242  
Doncaster DN4 7SQ England  
Phone#: 0044(0)7020-973510  
<http://www.oagb.org.uk/>

IG#: 09564 IG Name: Heart Of England Reg.#: 09  
PO Box 12533  
Birmingham Uk B25 9AP England  
Midlands And S Wales  
Phone#: 00-44-870-225-4225  
<http://www.oagb.org.uk/>

IG#: 09593 IG Name: West Of England Reg.#: 09  
15 Lippetts Way, Catcott  
Bridgewater Somerset England  
Bath,Ne Somerset, Somerset, S Gloucestershire, W Wiltshire, Se Wales  
Phone#:  
<http://www.oagb.org.uk/>

IG#: 09596 IG Name: Devon & Cornwall Reg.#: 09  
C/o V Reid Flat 2, Bridge House, Penpol Terrace,  
Hayle, Cornwall TR27 4BQ England  
Devon & Cornwall  
Phone#: +44-01752-212070 +44- 07971236250  
<http://www.oagb.org.uk/>

IG#: 09608 IG Name: North West Intergroup Reg.#: 09  
7 Higher Barn Road Hadfield  
Glossop SK13 2ES England  
North West U.K.  
Phone#: +44 [0] 781 827 0010  
<http://www.oagb.org.uk/>

## Finland

IG#: 09441 IG Name: Finland's OA IG Reg.#: 09  
Wallin Vilhonvuorenkatu 8 A 52  
00500 Helsinki Finland  
All of Finland, Info # +358-2065-42460 (Finnish Speaking)  
Phone#: +358-2065-42460 +358-41-535-0616  
<http://www.oaifinland.org>

## France

IG#: 09572 IG Name: \*Paris Nord IG OA Reg.#: 09  
C/o I Vautherin Chez Mr Prigent 9 Rue Dauphin-Bat 4-Returned mail-  
Villejuif 94800 France  
Paris, Chartres, Ermont & Orleans  
Phone#: +33-6-62-53-29-60  
<http://www.oainfos.org>

## France NSB

IG#: 09969 IG Name: BSNOA France Outremangeurs Anonymes Reg.#: 09  
Maison Des Associations 4, Rue Andre Malraux  
42000 Saint Etienne France  
Phone#: +33-6-89-25-93-81 +33-6-19-59-50-05  
<http://www.oainfos.org>

# Overeater Anonymous Service Board Directory

November 04, 2009

## Germany

IG#: 09583 IG Name: Berlin And Potsdam Reg.#: 09  
C/o Lindemann Wiesbadener Str. 85  
D-12161 Berlin Germany  
Berlin And Potsdam, Visit The Berlin Website  
Phone#: 49-307-8710823 49-302-3620382  
<http://www.oaberlin.de>

## Germany NSB

IG#: 09963 IG Name: DeutschsprachlGer Dienst Der OA (DDOA) Reg.#: 09  
Heckenrosenweg 33/35  
47804 Krefeld Germany  
Germany, Austria, Switzerland, Luxemburg  
Phone#: +49(0)421-32-72-24 49-2151-77-19-09  
<http://www.overeatersanonymous.de>

IG#: 09964 IG Name: Region 9 Eng Language Service Board Reg.#: 09  
% John Postfach 1510  
79618 Rheinfelden Germany  
Region 9  
Phone#: 011-49-561-316-0760 0041-76-569-3391

## Great Britain NSB

IG#: 09961 IG Name: OA Great Britain Reg.#: 09  
483 Green Lanes Stretford  
London N13 4BS Great Britain  
England, Scotland, Wales and Northern Island  
Phone#: 440-07000-784-985  
<http://www.oagb.org.uk/>

## Greece NSB

IG#: 09974 IG Name: NSB OA Of Greece Reg.#: 09  
Grafeio 410 Zinonos 4  
104 31 Athens Greece  
All of Greece  
Phone#: 6979024445

## Guatemala

IG#: 09551 IG Name: Guatemala-Vale La Pena IG Reg.#: 08  
20 Calle 24-23 Zona 10-Casa 1  
Guatemala 01010 Guatemala  
All Of Guatemala  
Phone#: 502-3337584 502-3635781

## Iceland NSB

IG#: 09968 IG Name: Iceland NSB Reg.#: 09  
PO Box 1783  
Reykjavik IS-121 Iceland  
All of Iceland  
Phone#: 878-1178  
<http://www.ia.is>

## Israel

IG#: 09521 IG Name: Southern Israel Darom IG Reg.#: 09  
179 Haroeh St Po Box 7250  
Ramat Gan 52172 Israel  
All of Southern Israel  
Phone#: 972-3-574-5799  
<http://www.ia-israel.org>

IG#: 09523 IG Name: Central How Israel (How Merkaz) IG Reg.#: 09  
179 Haroh St Po Box 7250  
Ramat Gan 52172 Israel  
How Groups Through Out Israel  
Phone#: 972-3-574-5799  
<http://www.ia-israel.org>

IG#: 09524 IG Name: Northern Israel (Tzafon) Reg.#: 09  
179 Haroh St Po Box 7250  
Ramat Gan 52172 Israel  
Northern Israel  
Phone#: 972-3-574-5799  
<http://www.ia-israel.org>

IG#: 09571 IG Name: Israel English Speaking IG Reg.#: 09  
179 Haroh St Po Box 7250  
Ramat Gan 52172 Israel  
Englis Speaking Groups  
Phone#: 972-3-574-5799  
<http://www.ia-israel.org>

IG#: 09574 IG Name: Shfeila OA Israel Reg.#: 09  
179 Haroh St Po Box 7250  
Ramat Gan 52172 Israel  
Shfeil Area  
Phone#: 972-3-574-5799  
<http://www.ia-israel.org>

IG#: 09602 IG Name: How Tzafon IG Reg.#: 09  
179 Haroh St Po Box 7250  
Ramat Gan 52172 Israel  
Phone#: 972-3-574-5799  
<http://www.ia-israel.org>

IG#: 09612 IG Name: Sharon & Mercaz Israel IG Reg.#: 09  
PO Box 7259  
Ramat Gan 52172 Israel  
Phone#: 972-9-951-5217  
<http://www.ia-israel.org>

## Israel NSB

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09960 IG Name: Israel NSB (Masha) Reg.#: 09  
179 Haroh St Po Box 7250  
Ramat Gan 52172 Israel  
All of Israel  
Phone#: 972-3-5745799 972-3-6762494  
<http://www.oa-israel.org>

## Italy

IG#: 09442 IG Name: Italian North IG Reg.#: 09  
C/o Torretta Francesca Via G Mazzini 5  
20020 Lainate Milano Italy  
Italian Northern Region  
Phone#: +3902-4078803 +39-06-4743772  
<http://www.oa-italia.it>

IG#: 09544 IG Name: Italia Sud OA IG Reg.#: 09  
C/o D'alessandro Via Foligno 27  
00182 Roma Italy  
South Italy  
Phone#: +39-06-70-30-3394  
<http://www.oa-italia.it>

IG#: 09545 IG Name: Italia Centro IG Reg.#: 09  
C/o Via Riva Del Via Cuneo 23  
Rimini RN 47900 Italy  
Central Italy  
Phone#: +39-339-2947468  
<http://www.oa-italia.it>

IG#: 09578 IG Name: Intergruppo Sicilia Reg.#: 09  
C/o M A Nasello Via Ausonia 150  
Palermo 90145 Italy  
Sicilia  
Phone#: +39-091-305349 +39-3394044648  
<http://www.oa-italia.it>

## Italy NSB

IG#: 09965 IG Name: \*Italian National Service Board Reg.#: 09  
Via Simone Stratico, 9 -Returned Mail-  
20148 Milano Italy  
Italy  
Phone#: +39-02-4078803 +39-335-5974507  
<http://www.oa-italia.it>

## Japan

IG#: 09376 IG Name: Japan International IG Reg.#: 10  
J Ohmori 4-11-9 Shimouma  
Setagaya Ku Tokyo 154-0002 Japan  
03-5605-9425 English, 03-5951-1648 Japanese,  
Phone#: 03-5605-9425 ENG. 03-5951-1648 JPN.  
<http://www.oaintokyo.org/>

## Japan NSB

IG#: 09973 IG Name: Japan Language Service Board Reg.#: 10  
C/o G. Stevens Flats Minami Aoyama #101 3-14-26 Minami Aoyama #101  
Minato-Ku Tokyo 107-0062 Japan  
Japan  
Phone#: +81-3-5605-9425  
<http://oajapan.capoo.jp/>

## Mexico

IG#: 09329 IG Name: Intergrupual Mexico Reg.#: 02  
Ave Revolucion No. 172-3  
Tacubaya, Cp DF 11870 Mexico  
Mexico City And Other States  
Phone#: 001-55-26144010 001-55-52732497 FAX  
<http://www.comedorescompulsivosmx.org/>

IG#: 09501 IG Name: Veracruz Intergroup Reg.#: 02  
Juan De Dios Peza No. 52-A Casi Esquina Altamirano  
Veracruz 91700 Mexico  
Veracruz Oaxaca  
Phone#: 01-229-9-32-59-61 01-229-2-60-70-24

## Netherlands

IG#: 09401 IG Name: The Dutch IG Reg.#: 09  
Postbus 61025  
1005 Ha Amsterdam Netherlands  
All Of The Netherlands  
Phone#: +31(0)20-6274820  
<http://www.anonieme-overeters.nl>

## New Zealand

IG#: 09218 IG Name: Auckland IG Reg.#: 10  
PO Box 90380 Victoria Street West  
Auckland 1142 New Zealand  
North Island Of New Zealand  
Phone#: 09-376-3068

IG#: 09426 IG Name: OA Wellington IG Reg.#: 10  
PO Box 5332 Lambton Quay  
Wellington New Zealand  
Wellington, Hutt And Kapiti  
Phone#: 64(04)384-8821

IG#: 09433 IG Name: Canterbury IG Reg.#: 10  
PO Box 2451  
Christchurch New Zealand  
All of Christchurch/canterbury Area  
Phone#: 00-64-03-365-3812  
<http://www.oaregion10.org/>

IG#: 09510 IG Name: Hamilton IG Reg.#: 10  
PO Box 19-128  
Hamilton Central 3244 New Zealand  
Waikato And Bay Of Plenty Regions Of North Island  
Phone#: 64-7-8391599

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09569 IG Name: Dunedin (Otago) IG Reg.#: 10  
44 Dundas St Po Box 6476  
Dunedin New Zealand  
Southland And Otago  
Phone#: 6403-477-2255

IG#: 09613 IG Name: Aoraki IG Reg.#: 10  
38 Sealy St  
Ashburton Mid Canterbury 7700 New Zealand  
Southland And Otago  
Phone#: +64-3-6922889

## Norway

IG#: 09424 IG Name: OA IG Of Oslo IG Reg.#: 09  
C/o Retretten Gronlandsleiret 39  
0190 Oslo Norway  
All of Norway  
Phone#: +47-901-55748 +47-903-27006  
<http://www.overeatersanonymous.no/>

## Poland NSB

IG#: 09972 IG Name: NSB Of Poland IG Reg.#: 09  
ul. Gwiazdzista 33/35  
01-651 Warszawa Poland  
Poland  
Phone#: 0048502599415 0048228633780  
<http://www.anonimowizarlocy.org//>

## Republic Of Ireland

IG#: 09238 IG Name: Spirit Of Hope IG Reg.#: 09  
PO Box 2529  
Dublin 1 Republic Of Ireland  
Republic And Northern Ireland  
Phone#: 3531-278-8106  
<http://www.oahope.com/>

IG#: 09561 IG Name: Cork IG Reg.#: 09  
C/o 77 Curraheen Dr Bishopstown  
Cork Republic Of Ireland  
South of Ireland  
Phone#: 086-3526467 021-4867907

## Scotland

IG#: 09377 IG Name: Caledonian IG Reg.#: 09  
C/o Anne Paterson 470 Anniesland Rd  
Glasgow G13 1YH Scotland  
Scotland  
Phone#: 44(0)0141-434-1371 01236-825507  
<http://www.oagb.org.uk/>

## Slovenia

IG#: 09555 IG Name: OA Slovenska Skupnost IG Reg.#: 09  
Pp 4382  
1001 Ljubljana Slovenia  
All Of Slovenia  
Phone#: +386-31-798-654 +386-31-322567  
<http://oa-slovenija.com/>

## South Africa

IG#: 09317 IG Name: Gauteng IG Reg.#: 09  
PO Box 46206 Orange Grove  
Johannesburg 2119 South Africa  
South Africa Including Pretoria, Witwatersrand And Vereeniging  
Phone#: +27-11-640-2901

IG#: 09538 IG Name: Cape Town IG Reg.#: 09  
11 Oxford Street  
Houtbay Cape Town 7806 South Africa  
Cape Peninsula  
Phone#: 21-021-790-0268 27-021-438-9758

## Spain

IG#: 09552 IG Name: Valencia IG Reg.#: 09  
C Camps Av Giorgeta 35-5  
46007 Valencia Spain  
Valencia  
Phone#: 34-96-341-00-69  
<http://www.comedorescompulsivos.es/>

IG#: 09553 IG Name: Area Norte IG Reg.#: 09  
C/ Fueros De Navarra N 2-7 B  
Ansaoin-Pamplona (navarra) 31013 Spain  
Bilbao, Navarre, Vizcaya, Pamplona And Oveido  
Phone#: ++34689623925  
<http://perso.wanadoo.es/oaespana/>

IG#: 09565 IG Name: Intergrupo OA De Madrid IG Reg.#: 09  
Apartado De Correos 50154  
28080 Madrid Spain  
Madrid And Center of Spain  
Phone#: +34-91-5099448 +34-696-98-32-78  
<http://perso.wanadoo.es/oamadrid/>

IG#: 09582 IG Name: Barcelona IG Reg.#: 09  
Casanovas 175  
Barcelona 08036 Spain  
Barcelona  
Phone#: 34-619-857-915 93-7920010-ENGLISH  
<http://perso.wanadoo.es/oaespana/>

## Spain NSB

IG#: 09967 IG Name: Junta Nacional De Servicios De Espana IG Reg.#: 09  
C/ Calle Sierra Gador, 50 Apartado Postal 38151  
28031 Madrid Spain  
Spain  
Phone#: +34-93-491-0924  
<http://www.comedorescompulsivos.es/>

# Overeater Anonymous Service Board Directory

November 04, 2009

## Sweden

IG#: 09496 IG Name: OA IG Svealand (Central Sweden) Reg.#: 09  
C/o J Axelsson Morbylund 25  
18230 Danderyd Sweden  
Middle Of Sweden  
Phone#: +46-704-148128  
<http://www.oasverige.org/>

IG#: 09546 IG Name: IG Norrland (Northern Sweden) Reg.#: 09  
C/o R Johansson Namsoplan 10  
824 41 Hudiksvall Sweden  
Northern Sweden  
Phone#: +46(0)640-963-17 +46-(0)971-121 22  
<http://www.oasverige.org/>

IG#: 09547 IG Name: IG Gotaland (Southern Sweden) Reg.#: 09  
C/o C Cullberg Ostra Kompassgatan 9  
271 51 Ystad Sweden  
Southern Sweden  
Phone#:   
<http://www.oasverige.org/>

## Sweden NSB

IG#: 09970 IG Name: Swedish Service Board Reg.#: 09  
Volker C/o Stromberg Angkarrsgatan 10, 6tr  
S-17170 Solna Stockholm Sweden  
Sweden  
Phone#: +46(0)23-10340  
<http://www.oasverige.org/>

## Switzerland

IG#: 09463 IG Name: IGE Suisse Romande Reg.#: 09  
C/o A Salgarella 2 Quai Du Cheval-Blanc  
1227 Carouge, Geneva Switzerland  
Suisse Romande  
Phone#:   
<http://www.oasverige.org/>

IG#: 09540 IG Name: Overeaters Anonymous IG Deutschweiz Reg.#: 09  
Postfach 2731  
8021 Zurich Switzerland  
(German Speaking IG)  
Phone#:   
<http://www.oasverige.org/>

## Turkey

IG#: 09598 IG Name: \*Turkey OA IG-Returned Mail- Reg.#: 09  
Enver Ustay At Hotel Konak Cumhuriyet Cad, Nisbet Sok 9  
Elmadag Istanbul 34437 Turkey  
Phone#: +90-533-583-1880 +90-533-642-9756

## Venezuela NSB

IG#: 09975 IG Name: Junta Nacional De Servicios De Venezuela Reg.#: 08  
Calle 11 Entre Carreras 16 Y 17 #16-46 Of.4  
San Cristobal Estado Tachira Venezuela  
Venezuela  
Phone#: 0058-276-3560490

## Virtual NSB

IG#: 09976 IG Name: 12 Step 4 Coes Reg.#: 01  
C/o C Fields 22 Bellview Rd  
Marysville PA 17053 Virtual  
The Global Internet Community.  
Phone#:   
<http://oa12step4coes.org/welcome.html>

## REGION OFFICE

IG#: 09901 IG Name: Region 1 Office Reg.#: 01  
PO Box 1185  
Issaquah WA 98027-0045  
USA: AK, ID, MT, OR, WA, WY, Canada: AB, BC, NT, SK, YK  
Phone#: 425-392-2488  
<http://www.oaregion1.org>

IG#: 09902 IG Name: Region 2 Office Reg.#: 02  
4733 Torrance Blvd Pmb 335  
Torrance CA 90503  
USA: CA, HI, Reno/tahoe Area Of NV, Mexico  
Phone#:   
<http://www.oar2.org>

IG#: 09903 IG Name: Region 3 Office Reg.#: 03  
C/o 734 Beach Comber Lane  
Houston TX 77062-4202  
USA: AZ, CO, NV, NM, OK, TX, UT  
Phone#:   
<http://www.oaregion3.org>

IG#: 09904 IG Name: Region 4 Office Reg.#: 04  
PO Box 1604  
Fenton MO 63026  
USS: IL, IA, KS, MN, MO, NE, ND, SD, Canada: MB, NV, NW ON  
Phone#:   
<http://www.oaregion4.org>

IG#: 09905 IG Name: Region 5 Office Reg.#: 05  
C/o Lewsaw 578 Road 11, Rr #4  
Woodslee ON N0R 1V0 Canada  
USA: IL, IN, KY, MI, OH, WI, Canada: SW ON  
Phone#: 800-589-6262  
<http://www.region5oa.org>

IG#: 09906 IG Name: Region 6 Office Reg.#: 06  
PO Box 3073  
Milford CT 06460  
USA: CT, ME, MA, NH, NY, RI, VT, Bermuda, Canada: NB, NF, NS, ON, QC, PEI,  
Phone#: 877-317-2111  
<http://www.oaregion6.org>

# Overeater Anonymous Service Board Directory

November 04, 2009

IG#: 09907 IG Name: Region 7 Office Reg.#: 07

3500 S Dupont Hwy  
Dover DE 19901-6011  
USA: DE, DC, MD, NJ, PA, VA, WV

Phone#:

<http://www.oaregion7.org>

IG#: 09908 IG Name: Region 8 Office Reg.#: 08

C/o Helms 737 Baytree Dr  
Titusville TN 32780  
USA: AL, AR, FL, GA, LA, MS, NC, PR, SC, TN, VI, and Central and South  
America

Phone#:

<http://www.oaregion8.org>

IG#: 09909 IG Name: Region 9 Office Reg.#: 09

C/o F Hermans Schranshoevelaan 10  
2547 Lint Belgium  
Africa, Wester Asia, Europe, Middle East

Phone#: 0032(0)34555668

<http://www.region9oa.org>

IG#: 09910 IG Name: Region 10 Office Reg.#: 10

C/o Mahony 16c Hadfield Ave, Waterview  
Auckland New Zealand  
Australia, China, Guam, Indonesia, Japan, New Zealand, Philippine, Thailand

Phone#: 64-3-389-3354

<http://www.oaregion10.org/>