



February–April 2024

BULLETIN BOARD

Unity Day Virtual Event

Saturday, Feb 24 at 11:20am–12:20am
3 Speakers, Learn about Tradition One
Hosted by San Fernando Valley Intergroup
oasfvalley.org

Body Image Santa Cruz workshop

Fri–Sun 4/19 - 4/21 at Villa Del Mar
Hosted by Silicon Valley Intergroup
oasv.org

Region 2 Convention

July 12–14, In-Person & Virtual
Hilton Arden West, Sacramento, CA
oar2.org

OA SF Speaker Podcast

Recordings from speaker meetings.
oasf.org/podcast

SF Intergroup of Overeaters Anonymous

P.O. Box 470232, SF, CA 94147
bridge@oasf.org, 415-236-0126

Monthly meeting: 2nd Saturday 9:30–11am
@CPMC Davies Hospital, 45 Castro st., B1
email: chair@oasf.org for agenda & details

QUESTIONS ABOUT
OVEREATERS ANONYMOUS?

Free Newcomer Pamphlet



OA SAN FRANCISCO MEETING LIST

VIRTUAL MEETINGS



Multiple Meetings
EVERY DAY on
oasf.org/meetings

IN-PERSON MEETINGS

Monday, 6:00pm—All Welcome

Castro Country Club, 4058 18th St.
format: Literature or Speaker then Sharing
Lydia 206-351-6483

Tuesday, 7:30pm—Relapse & Recovery

CPMC Davies Hospital, 45 Castro, Room B3
format: Literature or Speaker then Sharing
Debra B. 415-518-4501

Wednesday, 6:30pm—Grace United

Grace United Methodist, 2540 Taraval St @36th Ave
format: Literature, Steps or Traditions Study
Paul 415-566-7473

Thursday, 6:30pm—Body Image & Sexuality

CPMC Davies Hospital, 45 Castro, Room B3
format: Literature or Speaker then Sharing
Trish 415-609-1901 (text first)

Saturday, 9:45am—Writing

CPMC Davies Hospital, 45 Castro, Room B3
format: Writing then Sharing
Kate C 415-827-3618

Saturday, 11:00am—Into Action

CPMC Davies Hospital, 45 Castro, Room B3
format: Literature or speaker then sharing
Miriam 415-216-5900

NEW MEETING!
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