

Overeaters Support Groups

Age Requirements

18 and over

Family

No

Intake Process

Visit the website to find your local support group.

Provider Refer

Yes

Self Refer

Yes

Overeaters Anonymous

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

<https://oa.org/find-a-meeting/>

Main

(505) 891-2664

6075 Zenith Court NE

87174 NM

United States

Payment Method(s)

Private Pay

Languages Spoken

English

Overeaters Anonymous (OA) offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Meetings and other tools provide a fellowship of experience, strength, and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Meetings can be by telephone, online, or face-to-face. Visit [Find a Meeting](#). If you aren't able to find a meeting in your city, please consider attending an online or telephone meeting.

OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional, and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive overeating, welcome to Overeaters Anonymous.

Service Area(s)

Statewide