

Overeaters Anonymous Intergroup Directory

January 07, 2008

ALABAMA

IG#: 09119 IG Name: CENTRAL ALABAMA IG Reg.#: 08
PO BOX 12241
BIRMINGHAM AL 35202-2241
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 251-344-9388

IG#: 09283 IG Name: TENNESSEE VALLEY IG Reg.#: 08
C/O NAWROCIK 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

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

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.aa-fort-smith.info>

CALIFORNIA

IG#: 09003 IG Name: FOOTHILL IG Reg.#: 02
C/O MONROE 1300 LINDA ROSA AVE
LOS ANGELES CA 90041
NORTHEAST LOS ANGELES COUNTY
Phone#: 626-568-7511 323-550-8077
<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.oasfvalley.org>

IG#: 09009 IG Name: SAN GABRIEL VALLEY INLAND EMPIRE Reg.#: 02
1157 EAST ARROW HIGHWAY #4
GLENORA CA 91740
COVINA, GLENORA, AZUSA, DIAMOND BAY, POMONA, RANCHO
CUCAMONGA, CLAREMONT
Phone#: 626-335-3355

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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

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

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 1893
FREMONT CA 94538
SOUTHERN ALAMEDA COUNTY- FREMONT, NEWARK, UNION CITY,
HAYWARD, SAN LEANDRO
Phone#: 510-733-1262 510-487-5469

IG#: 09068 IG Name: CHANNEL ISLANDS IG Reg.#: 02
PO BOX 1321
SUMMERLAND CA 93067
VISIT THE WEB SITE [HTTP://OA-CI.ORG](http://OA-CI.ORG), SANTA BARBARA AND
VENTURA COUNTIES- IG MEETING 1ST TUES/MO 7:30 PM
Phone#: 888-702-0202 805-899-3240
<http://www.oa-ci.org>

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#: 09091 IG Name: WE CARE IG Reg.#: 02
PO BOX 7594
VALLEJO CA 94591
NAPA AND SOLANO COUNTIES
Phone#: 707-429-6440

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
880 INDUSTRIAL WAY #215
SAN LUIS OBISPO CA 93401
CENTRAL PASO ROBLES ON NORTH TO LOMPOC SOUTH
Phone#: 805-541-3164

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

IG#: 09301 IG Name: LAKE MENDOCINO IG Reg.#: 02
C/O DE BERNARDI 410 W SMITH ST
UKIAH CA 95482
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
C/O MIMIAGA 2366 PINNACLE DR
MARTINEZ CA 94553
GREATER BAY AREA INCLUDING SAN FRANCISCO, MARIN, CONTRA
COSTA, SAN MATEO, SANTA CLARA AND SOLANO COUNTIES
Phone#: 866-469-8399
<http://www.how-oa.org>

IG#: 09356 IG Name: MONTEREY COUNTY IG Reg.#: 02
PO BOX 613
MONTEREY CA 93940
MONTEREY COUNTY
Phone#: 831-646-2311

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IG#: 09400 IG Name: NORTH RIVERS IG Reg.#: 02
PO BOX 8688
CHICO CA 95927-8688
NORTHERN CALIFORNIA
Phone#: 530-345-3129 INFO

IG#: 09427 IG Name: DIABLO VALLEY IG Reg.#: 02
PO BOX 30991
WALNUT CREEK CA 94598-9991
CONTRA COSTA AND EAST ALAMEDA COUNTIES
Phone#: 925-825-0448
<http://www.dvig.org>

IG#: 09434 IG Name: NORTHCOAST IG Reg.#: 02
C/O HESTBECK 1629B CHANTERELLE DR
MCKINLEYVILLE CA 95519
HUMBOLT 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.oaiei.itgo.com>

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#: 09580 IG Name: BEACH CITIES IG Reg.#: 02
PO BOX 988
HERMOSA BEACH CA 90254-0988
HERMOSA, MANHATTAN AND REDONDO BEACHES
Phone#: 310-374-8533

IG#: 09599 IG Name: VALLEY SIERRA OA/HOW IG Reg.#: 02
PO BOX 579196
MODESTO CA 95357-9196
MODESTO, SONORA
Phone#: 209-834-1511

IG#: 09609 IG Name: EBONY OA BAY AREA IG Reg.#: 02
C/O GRIFFIN PO BOX 342
SAUSALITO CA 94966-0342

Phone#: <http://ebonyoa.home.att.net/index.htm>

COLORADO

IG#: 09014 IG Name: CENTRAL COLORADO IG Reg.#: 03
PO BOX 2256
ARVADA CO 80001-2256
CENTRAL COLORADO
Phone#: 303-369-7766

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 MARTI 126 N MACK ST
FORT COLLINS CO 80521
NORTHERN COLORADO
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#: 860-231-2935
<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

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IG#: 09089 IG Name: NORTHEAST FLORIDA IG Reg.#: 08
PO BOX 24473
JACKSONVILLE FL 32241-4473
NORTHEAST FLORIDA AND SOUTHEAST GEORGIA
Phone#: 904-641-4042 JCKSNVL 352-491-5069 GANSVLE
<http://www.oanortheastflorida.com/>

IG#: 09095 IG Name: GOLD COAST IG Reg.#: 08
PO BOX 6032
MARGATE FL 33093-6032
SOUTH FLORIDA, FORT LAUDERDALE, BOCA RATON, AND
HOLLYWOOD
Phone#: 954-938-9586
<http://www.goldcoastoa.org>

IG#: 09104 IG Name: SPACE COAST IG Reg.#: 08
PO BOX 33734
INDIALANTIC FL 32903-0734
BREVARD AND INDIAN RIVER COUNTIES
Phone#: 800-338-5838

IG#: 09179 IG Name: FLORIDA RIDGE IG Reg.#: 08
C/O BASS 129 SHADOW LN
LAKELAND FL 33813
RIDGE, POLK, HARDIE, HIGHLAND AND DESOTO COUNTIES
Phone#: 863-297-1990
<http://floridaridgeintergroup.com/default.aspx>

IG#: 09231 IG Name: *SOUTHWEST FLORIDA IG Reg.#: 08
PO BOX 6506 -RETURNED MAIL-
FORT MYERS FL 33911-6506
LEE AND COLLIER COUNTIES AREA
Phone#: 239-936-3351

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 941-323-4830
<http://www.oamanasota.org>

IG#: 09364 IG Name: FREEDOM IG Reg.#: 08
C/O LAMANNA 4640 MILE STRETCH DR
HOLIDAY FL 34690-4329
PASCO AND HERNANDO COUNTIES
Phone#: 800-544-6353 727-937-1964

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 56765
SAINT PETERSBURG FL 33732
PINELLAS COUNTY INCLUDING SAINT PETERSBURG, CLEARWATER
AND LARGO
Phone#:
<http://www.oapinellas.org/>

IG#: 09493 IG Name: SEA-RENTY PENSACOLA IG Reg.#: 08
C/O PIPER 4062 GLENWAY DR
PENSACOLA FL 32526-0054
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 L BILLINGTON 365 SE ROGERS CT
STUART FL 34994
ORLANDO METRO AREA, ORANGE, SEMINOLE AND NORTH OSCEOLA
COUNTIES
Phone#:

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 -RETURNED MAIL-
EVANS GA 30809-2293
CENTRAL SAVANNAH RIVER AREA
Phone#: 866-748-8638

IG#: 09300 IG Name: YANA (YOU ARE NEVER ALONE) IG Reg.#: 08
C/O GUERKE 5198 FOREST LAKE DR
TIFTON GA 31794
SOUTHWEST GEORGIA, NORTHWEST FLORIDA AND SOUTHEAST
ALABAMA
Phone#: 229-386-2104

HAWAII

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IG#: 09111 IG Name: ALOHA HAWAIIAN SERVICE IG Reg.#: 02
PO BOX 62232
HONOLULU HI 96839
ISLAND OF OAHU
Phone#: 808-737-3469
<http://health.groups.yahoo.com/group/oaoahu/>

IG#: 09585 IG Name: MAUI FRIENDS OF RECOVERY IG Reg.#: 02
PO BOX 954
KIHEI HI 96753
MAUI
Phone#: 808-442-0019
<http://www.oamaui.org/>

IDAHO

IG#: 09189 IG Name: OASIS IG Reg.#: 01
C/O 1314 RIVER ROAD
BUHL ID 83316
OASIS AREA (SOUTHEASTERN IDAHO)
Phone#: 208-543-5790 800-455-1180

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#: 09073 IG Name: ROCK RIVER IG Reg.#: 05
PO BOX 6562
ROCKFORD IL 61125
NORTHERN ILLINOIS AND EXTREME SOUTHERN WISCONSIN
Phone#: 815-397-8512 815-397-2826

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 309-688-8478

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/cssi/index.html>

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
PO BOX 185
SILVIS IL 61282-0185
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, IG MEETING 1ST SUN
10:30 AM
Phone#: 708-346-0000
<http://www.region5oa.org>

IG#: 09482 IG Name: CENTRAL ILLINOIS IG Reg.#: 04
PO BOX 1961
BLOOMINGTON IL 61702-1961
BLOOMINGTON, NORMAL AND COMMUNITIES WITHIN 50 MILES
Phone#: 888-216-8458

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

IG#: 09291 IG Name: NORTHWEST INDIANA IG Reg.#: 05
PO BOX 11478
SOUTH BEND IN 46634-0478
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 NAVAL BASE AND
MARTINSVILLE AREAS
Phone#: 812-335-3839

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IOWA

IG#: 09021 IG Name: IOWA CITY/CEDAR RAPIDS 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

IG#: 09440 IG Name: TRI-STATE SIOUXLAND 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#: 641-682-7929 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 214 SW HILLSIDE DR
TOPEKA KS 66611
50 MILE RADIUS OF TOPEKA
Phone#: 785-357-8774
<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
1236 SCHILLER AVE
LOUISVILLE KY 40204
NEWCOMER INFO HEIDI 502-939-2371, LOUISVILLE AND PART OF KY
AND SOUTHERN IN
Phone#: 502-566-3110

IG#: 09475 IG Name: BLUEGRASS IG Reg.#: 05
C/O 4030 TATES CREEK RD #1131
LEXINGTON KY 40517-3077
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

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#: 207-211-HELP
<http://www.oamaine.org/>

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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
28 ELM STREET WEST
HAMPDEN ME 04444
CENTRAL AND EASTERN MAINE
Phone#:

MARYLAND

IG#: 09015 IG Name: WASHINGTON DC AREA IG Reg.#: 07
8601 BURDETTE RD
BETHESDA MD 20817
MARYLAND & DC
Phone#: 301-460-2800
<http://www.oa-dcmetro.org>

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: FREDERICK COUNTY IG Reg.#: 07
PO BOX 1627
FREDERICK MD 21702
FREDERICK, HOWARD CARROLL, WASHINGTON COUNTIES IN
MARYLAND AND NORTHERN WEST VIRGINIA
Phone#: 301-694-3554
<http://www.frederickregionoa.org>

MASSACHUSETTS

IG#: 09025 IG Name: MASS BAY IG Reg.#: 06
PO BOX 1440
ARLINGTON MA 02474
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 181
BILLERICA MA 01821
GREATER BOSTON AREA, AND NORTH OF BOSTON
Phone#: 978-407-9909

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

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#: 09141 IG Name: SOUTHWEST MICHIGAN IG Reg.#: 05
PO BOX 281 1151 W MILHAM RD
PORTAGE MI 49081
SOUTHWESTERN MICHIGAN
Phone#: 616-345-6886

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>

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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

IG#: 09354 IG Name: JACKSON AREA IG Reg.#: 05
PO BOX 6348
JACKSON MI 49204
JACKSON AND LENAWEE COUNTIES
Phone#: 517-782-2244

IG#: 09607 IG Name: SOUL OF SE MICHIGAN Reg.#: 05
C/O A MICHAELS 317 E WEBSTER RD
ROYAL OAK MI 48073
SE MICHIGAN
Phone#: 248-583-1663 248-798-9830

MINNESOTA

IG#: 09359 IG Name: CENTRAL MINNESOTA IG Reg.#: 04
C/O METTLING 10911 181ST LANE NW
ELK RIVER MN 55330
CENTRAL MINNESOTA
Phone#: 763-633-6999

IG#: 09422 IG Name: NORTHERN SERENITY IG Reg.#: 04
PO BOX 161051
DULUTH MN 55807
NORTHERN MINNESOTA, CANADA
Phone#: 218-728-4644 218-865-4426

IG#: 09589 IG Name: UNITY IG Reg.#: 04
3208 W LAKE ST #45
MINNEAPOLIS MN 55416
TWIN CITIES AND SURROUNDING AREAS
Phone#: 952-423-1527
<http://www.overeaters.org/>

MISSISSIPPI

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 HARTER 624 WILDER AVE
HELENA MT 59601
WESTERN MONTANA
Phone#: 406-466-2544

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 -BOX CLOSED-
LINCOLN NE 68501-0403
LINCOLN AREA, SOUTHWEST AND SOUTH CENTRAL NEBRASKA
Phone#: 402-473-1952

IG#: 09430 IG Name: OUTSTATE IG Reg.#: 03
PO BOX 383
SCOTTSBLUFF NE 69363
SCOTTSBLUFF, ALLIANCE AND TORRINGTON WYOMING
Phone#: 308-632-8497 308-436-2236

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 50075
RENO NV 89513
NORTHERN NEVADA AND PART OF CALIFORNIA INCLUDING RENO
AND LAKE TAHOE
Phone#: 775-747-7380

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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
WOODBIDGE NJ 07095
CENTRAL NEW JERSEY
Phone#: 908-253-3464 732-634-6695
<http://www.oe-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

IG#: 09520 IG Name: WEST JERSEY IG Reg.#: 07
C/O 228 DORIAN ROAD
BOOTON NJ 07005
MORRIS, WARREN, SUSSEX AND ESSEX COUNTIES
Phone#: 973-335-1717
<http://www.wjioa.org/>

NEW MEXICO

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.northernnewmexicoa.org>

NEW YORK

IG#: 09033 IG Name: GREATER NY OA METRO IG INC. Reg.#: 06
PO BOX 1235
NEW YORK NY 10159-1235
5 BOROUGHES 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.oawestchester-ny.org>

IG#: 09055 IG Name: GREATER ROCHESTER IG Reg.#: 06
PO BOX 20683
ROCHESTER NY 14602
ROHCESTER AND SURROUNDING COUNTIES
Phone#: 585-234-5435

IG#: 09056 IG Name: WESTERN NEW YORK IG Reg.#: 06
PO BOX 44 S SIDE STATION
BUFFALO NY 14220
WESTERN NEW YORK- ERIE, NIAGARA, ORLEANS, AND ALLEGHENY
COUNTIES
Phone#: 716-694-4848
<http://www.oawny.org>

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
TEALL STATION PO BOX 6058
SYRACUSE NY 13217-6058
CENTRAL NEW YORK
Phone#: 315-450-0470 315-437-0088
<http://home.usadatanet.net/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

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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 718-351-7202

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

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

NORTH CAROLINA

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#: 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#: 09230 IG Name: WESTERN CAROLINA IG Reg.#: 08
PO BOX 19783
ASHVILLE NC 28815-1783
ASHEVILLE NORTH CAROLINA, GREENVILLE/SPARTANBURG SOUTH
CAROLINA
Phone#: 864-282-0105 SC 828-258-4821 NC

IG#: 09206 IG Name: MID HUDSON IG Reg.#: 06
c/o HURLEY 58 HARRIMAN WOODS DR
HARRIMAN NY 10926
ULSTER, KINGSTON, ORANGE, DUTCHESS, GREEENE, SULLIVAN AND
COLUMBIA COUNTIES
Phone#: 845-657-6603 HOTLINE 845-452-7846
<http://www.midhudsonoa.org/>

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#: 09234 IG Name: BROOKLYN UNITY IG Reg.#: 06
MIDWOOD STATION PO BOX 300-358
BROOKLYN NY 11230
BROOKLYN
Phone#: 718-266-1160

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#: 09343 IG Name: NEW YORK HOW IG Reg.#: 06
PO BOX 88
MASSAPEQUA NY 11758
LONG ISLAND AND UPSTATE NEW YORK
Phone#: 516-797-0062 516-799-2035

IG#: 09533 IG Name: COASTAL CAROLINA IG Reg.#: 08
C/O FREEMAN 976 ASHLAND WAY
LELAND NC 28451
SOUTHEASTERN NORTH CAROLINA
Phone#: 800-308-2940

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

NORTH DAKOTA

IG#: 09439 IG Name: ITHACA NEW YORK IG Reg.#: 06
C/O BUTKEREIT 316 SPRING CREEK DR #4
HORSEHEADS NY 14845
TOMPKINS COUNTY
Phone#: 607-387-8253 607-331-4329

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

IG#: 09532 IG Name: MORAVIAN IG Reg.#: 06
C/O 332 EAST 29TH STREET SUITE 5A
NEW YORK NY 10016-8374
EAST SIDE OF MANHATTAN
Phone#: 718-324-7018
<http://www.aa-moravian.org>

OHIO

Overeaters Anonymous Intergroup Directory

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IG#: 09039 IG Name: AKRON AREA IG Reg.#: 05
PO BOX 4896
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://www.region5oa.org>

IG#: 09041 IG Name: CLEVELAND CENTRAL IG Reg.#: 05
3030 EUCLID AVENUE #401-02
CLEVELAND OH 44115
METROPOLITAN CLEVELAND AREA
Phone#: 216-391-6664 216-391-7725 FAX
<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
PO BOX 80553
CANTON OH 44708
800-589-6262, GREATER CANTON AREA
Phone#: 330-489-6740 330-305-9460

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#: 09274 IG Name: CROSSROADS OF HOPE IG Reg.#: 05
PO BOX 14204
POLAND OH 44514
YOUNSTOWN OHIO AND WESTERN PENNSYLVANIA
Phone#:

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>

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
3816 N MERIDIAN STE 111
OKLAHOMA CITY OK 73112
CENTRAL AND WESTERN OKLAHOMA
Phone#: 405-942-0577

OREGON

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
2419 MAIN ST
BAKER CITY OR 97814
NORTHEASTERN OREGON
Phone#: 541-523-5467 541-523-5128
<http://www.oaregion1.org/intergroup.html>

IG#: 09529 IG Name: CATCH THE WAVE IG Reg.#: 01
PO BOX 1667
COOS BAY OR 97420
COOS BAY, NORTH BEND, BANDON AND FLORENCE
Phone#: 541-271-2436

IG#: 09592 IG Name: CENTRAL OREGON IG OF OA Reg.#: 01
C/O BREADSLEY 2125 NW 15TH ST
REDMOND OR 97756
CENTRAL OREGON
Phone#: 541-306-6844 541-548-6212

PENNSYLVANIA

OKLAHOMA

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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.oa-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.gpigoa.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 2136 LIBERTY 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.scpoai.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.oa-brandywine.org>

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

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
254 CARR 2, STE 801
GUAYNABO PR 00966-1912
ALL OF PUERTO RICO
Phone#: 787-783-6745

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#: 401-732-9190 401-658-2762
<http://www.oceanandbay.org/>

SOUTH CAROLINA

IG#: 09080 IG Name: CENTRAL MIDLANDS IG Reg.#: 08
PO BOX 2407
COLUMBIA SC 29202
CENTRAL AREA OF SOUTH CAROLINA
Phone#: 803-736-9878

IG#: 09210 IG Name: LOWCOUNTRY IG Reg.#: 08
C/O DAVIS 332 SUMTER ST
CHARLESTON SC 29403
CHARLESTON, SUMMERVILLE, AND BEAUFORT COUNTIES
Phone#: 843-577-9499

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 ERICKSON 313 FERNWAY COVE
MEMPHIS TN 38117
MEMPHIS AND SURROUNDING AREAS
Phone#: 901-458-5261
<http://www.oamemphis.org>

IG#: 09228 IG Name: MIDDLE TENNESSEE IG Reg.#: 08
HARDING CREST PROFESSIONAL BLDG 388 HARDING PLACE SUITE A
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 23365
CHATTANOOGA TN 37422
CHATTANOOGA TENNESSEE AND NORTHERN GEORGIA
Phone#: 423-517-3101 706-866-9181

TEXAS

Overeaters Anonymous Intergroup Directory

January 07, 2008

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#: 09049 IG Name: SOUTHWEST IG OF OA Reg.#: 03
PO BOX 26194
EL PASO TX 79926-6194
FAR WEST TEXAS AND SOUTHERN NEW MEXICO
Phone#: 915-594-7706 505-496-5764

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#: 817-788-0411 817-292-2010

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

IG#: 09378 IG Name: BIG COUNTRY IG Reg.#: 03
c/o STAYTON 12196 FM 1178
ABILENE TX 79602
CENTRAL WEST TEXAS
Phone#: 915-529-3720 915-691-5127

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

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

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 802-658-0226

VIRGINIA

IG#: 09136 IG Name: TIDEWATER IG Reg.#: 07
PO BOX 61908
VIRGINIA BEACH VA 23464
TIDEWATER AREA, NORFOLK, CHESAPEAKE, ELIZABETH CITY,
PORTSMOUTH, EASTERN SHORE, VIRGINIA BEACH, AND NEWPORT
NEWS
Phone#:

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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 20433
ROANOKE VA 24018
SOUTHWESTERN VIRGINIA
Phone#: 540-772-2699
<http://www.swvaooa.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 755
ANNANDALE VA 22003-0755
50 MILE RADIUS OF WASHINGTON DC, AND SOUTH AND WEST VIRGINIA
Phone#: 703-823-6682
<http://www.oanova.org>

IG#: 09381 IG Name: CHARLOTTESVILLE AREA IG Reg.#: 07
PO BOX 51
IVY VA 22945
CHARLOTTESVILLE AREA
Phone#: 434-980-1777

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 8215 1ST ST SE -RETURNED MAIL-
EVERETT WA 98205
WHATCOM, SKAGIT AND SAN JUAN COUNTIES
Phone#: 360-428-7107

IG#: 09193 IG Name: PIERCE COUNTY IG Reg.#: 01
PO BOX 39397
TACOMA WA 98496
PIERCE COUNTY
Phone#: 253-983-5625

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
PO BOX 1381
PORT ORCHARD WA 98366
PUGET SOUND AREA
Phone#: 360-417-1570 888-301-3363
<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 3122 46TH AVE NE
OLYMPIA WA 98506
Phone#: 253-851-5621

WEST VIRGINIA

IG#: 09271 IG Name: MOUNTAIN STATE IG Reg.#: 07
PO BOX 743
CHARLESTON WV 25323
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

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>

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IG#: 09201 IG Name: NORTHEAST WISCONSIN IG Reg.#: 05
PO BOX 12763
GREEN BAY WI 54307-2763
NORTHEASTERN WISCONSIN AND UPPER PENNINSULA OF MICHIGAN
Phone#: 920-465-1312

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 55-21-2524-6137

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 QLD 4002 AUSTRALIA
ALL OF QUEENSLAND
Phone#: +61-07-32296977
<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

BELGIUM

IG#: 09459 IG Name: FLEMISH IG Reg.#: 09
EVERBERGSTRAAT 42
ERPS-KWERPS 3071 BELGIUM
FLANDERS
Phone#: 32-479-843649 0032-2-7572102
<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#: 09452 IG Name: INTERGRUPO 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: INTERGRUPO 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: INTEGRUPO 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 PINCHIARI, 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: INTERGRUPO 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: JUNCCAB NSB Reg.#: 08
RUA DEBRET 79 SALA 702
20030-080 CASTELO RIO DE JEANEIRO BRAZIL
MG BRAZIL
Phone#: 55-21-25325174

CANADA - ALBERTA

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IG#: 09215 IG Name: SOUTHERN ALBERTA IG Reg.#: 01
PO BOX 1527 STATION T
CALGARY AB T2N 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

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

IG#: 09285 IG Name: SOUTHERN BC INTERIOR IG Reg.#: 01
C/O NIGHTINGALE #14-380 PROVIDENCE AVE
KELOWNA BC V1W 4Z6 CANADA
SOUTH CENTRAL BRITISH COLUMBIA AND NORTH WASHINGTON
Phone#: 250-718-1073

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 HANSEN 1-117 GLEN RD
SAINT JOHN NB E2H 2E2 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
PO BOX 3726
WINDSOR NS B0N 2T0 CANADA
NOVA SCOTIA
Phone#: 902-671-2893

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.aaontario.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 AND ESSEX
COUNTIES
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

IG#: 09610 IG Name: ESSEX COUNTY OA IG Reg.#: 05
C/O C LAPIERRE 1502 RD B RR #4
LEAMINGTON ON N9H 3V7 CANADA
Phone#: 519-973-4580

CANADA - QUEBEC

IG#: 09140 IG Name: MONTREAL ENGLISH IG Reg.#: 06
C/O MACKENZIE 460 RUE BRAULT
VERDUN, MONTREAL QC H4H 4A1 CANADA
QUEBEC AND EASTERN ONTARIO
Phone#: 514-488-1812

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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: IG OA DE 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 304 TREMAINE AVE
REGINA SK S4R 6S9 CANADA
REGINA AND DISTRICT
Phone#: 306-586-1080 306-924-0877
<http://www.oaregina.com>

COLOMBIA

IG#: 09566 IG Name: *INTERGRUPOS MEDELLIN Reg.#: 08
AA 4024 CALLE 44 #80-47 -RETURNED MAIL-
MEDELLIN ANTIOQUIA COLOMBIA
MEDELLIN AREA INCLUDING BOGOTA, BARRANQUILLA,
BUCARAMANGA, CALI, POPAYAN AND CUCUTA
Phone#: 094-2509850 094-3417487
<http://www.ccaolombia.com/>

COLOMBIA NSB

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.ccaolombia.com/>

COSTA RICA

IG#: 09604 IG Name: COSTA RICA IG Reg.#: 08
740 SANTA ANA
SANTA ANA, SAN JOSE 6150 COSTA RICA
COSTA RICA
Phone#: 506-2033439

CUBA

IG#: 09576 IG Name: LOVE CUBA Reg.#: 08
CLCALZADA APTO. No.8'56,% 4Y6; VEDADO
HAVANA HB HAVANA 10400 CUBA
ALL OF CUBA
Phone#: 53-5-830-0041 53-5-873-9324

DENMARK NSB

IG#: 09971 IG Name: OA DENMARK Reg.#: 09
I C ZABELL MIMERSGADE 21, I TH
DK 2200 COPENHAGEN N DENMARK
Phone#: 0045-70201252 0045-70201252

ENGLAND

IG#: 09139 IG Name: OA SOUTH & EAST ENGLAND IG Reg.#: 09
PO BOX 50903
LONDON E4 7XA 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 S SCULLY 34 DURHAM GARDENS
WATERLOOVILLE HAMPSHIRE PO7BB ENGLAND
HAMPSHIRE, DORSET, SUSSEX, AND SURREY AREAS
Phone#: 07000-784985 01273-890445
<http://www.oagb.org.uk/>

IG#: 09536 IG Name: KENT AND ESSEX IG Reg.#: 09
C/O STROUD 10 HURSTWOOD AVE
BRENTWOOD ESSEX CM15 9HT 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#: +20-7644-3967
<http://www.oagb.org.uk/>

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IG#: 09596 IG Name: DEVON & CORNWALL Reg.#: 09
C/O A O'CONNOR 2 CHURCH RD PENDEEN PENZANCE
CORNWALL TR19 7SG ENGLAND
DEVON & CORNWALL
Phone#: +44-1736-786313 01752-248331
<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/>

ENGLAND NSB

IG#: 09961 IG Name: OA GREAT BRITAIN Reg.#: 09
PO BOX 19 STRETFORD
MANCHESTER M32 9EB ENGLAND
ENGLAND, SCOTLAND, WALES AND NORTHERN ISLAND
Phone#: 440-07000-784-985
<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.oafinland.org>

FRANCE

IG#: 09572 IG Name: PARIS NORD IG OA Reg.#: 09
C/O C DECROUX 1 RUE KLEBER
92400 COURBEVOIE FRANCE
FRANCE
Phone#:
<http://www.oainfos.org>

FRANCE NSB

IG#: 09969 IG Name: BSN OA 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>

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
Phone#: 49-307-8710823 49-302-3620382
<http://www.oaberlin.de>

GERMANY NSB

IG#: 09963 IG Name: DEUTSCHSPRACHIGER 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.oovereatersanonymous.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

GUATEMALA

IG#: 09551 IG Name: GUATEMALA-VALE LA PENA IG Reg.#: 08
20 CALLE 24-23 ZONA 10-CASA 1
GUATEMALA 01010 GUATEMALA
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.aa.is>

ISRAEL

IG#: 09242 IG Name: CENTRAL ISRAEL (MERKAZ) IG Reg.#: 09
179 HAROH ST PO BOX 7250
RAMAT GAN 52172 ISRAEL
ALL OF CENTRAL ISRAEL
Phone#: 972-3-574-5799 972-3-672-0960

IG#: 09521 IG Name: SOUTHERN ISRAEL DAROM IG Reg.#: 09
179 HAROH ST PO BOX 7250
RAMAT GAN 52172 ISRAEL
ALL OF SOUTHERN ISRAEL
Phone#: 972-3-574-5799

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

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IG#: 09524 IG Name: NORTHERN ISRAEL Reg.#: 09
(TZAFON) IG PO BOX 7250
RAMAT GAN 52172 ISRAEL
NORTHERN ISRAEL
Phone#: 972-3-574-5799

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

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

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.aa-israel.org>

IG#: 09612 IG Name: *SHARON ISRAEL IG Reg.#: 09
PO BOX 7259 -RETURNED MAIL-
RAMAT GAN 52172 ISRAEL
Phone#: 972-9-951-5217
<http://www.aa-israel.org>

ISRAEL NSB

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

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.aa-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.aa-italia.it>

IG#: 09545 IG Name: ITALIA CENTRO IG Reg.#: 09
C/O PEZZATINI MARIA CRISTINA VIA TIRSO, 39
59100 PRATO ITALY
CENTRAL ITALY
Phone#:
<http://www.aa-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.aa-italia.it>

ITALY NSB

IG#: 09965 IG Name: ITALIAN NATIONAL SERVICE BOARD Reg.#: 09
VIA SIMONE STRATICO, 9
20148 MILANO ITALY
ITALY
Phone#: +39-02-4078803 +39-335-5974507
<http://www.aa-italia.it>

JAPAN

IG#: 09376 IG Name: JAPAN INTERNATIONAL IG Reg.#: 10
CPO BOX 619
TOKYO 100-8692 JAPAN
03-5605-9425 ENGLISH, 03-5951-1648 JAPANESE,
Phone#: 03-5605-9425 ENG. 03-5951-1648 JPN.
<http://www.oatokyo.org>

JAPAN NSB

IG#: 09973 IG Name: JAPAN LANGUAGE SERVICE BOARD Reg.#: 10
CPO 619
TOKYO 100-8692 JAPAN
JAPAN
Phone#: +81-3-5605-9425

MEXICO

IG#: 09329 IG Name: INTERGRUPAL 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/>

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>

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NEW ZEALAND

IG#: 09218 IG Name: AUCKLAND IG Reg.#: 10
AUCKLAND MAIL CENTRE PO BOX 90380
AUCKLAND 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

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
WAIHI BUSH 83 BURDON RD 21 RD
GERALDINE S CANTERBURY NEW ZEALAND
SOUTHLAND AND OTAGO
Phone#: +64-3-6922889

NORWAY

IG#: 09424 IG Name: OA IG OF OSLO Reg.#: 09
C/O RETRETEN GRONLANDSLEIRET 29
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 Reg.#: 09
C/O DOM PARAFIALNY BETANIA UL DERENIOWA 12
02-776 WARSAW POLAND
POLAND
Phone#: 0048502599415 0048228633780
<http://www.przewaga.pl>

REPUBLIC OF IRELAND

IG#: 09238 IG Name: SPIRIT OF HOPE IG Reg.#: 09
PO BOX 2529
DUBLIN 1 REPUBLIC OF IRELAND
MOST OF IRELAND
Phone#: 01-278-8106

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 Reg.#: 09
PP 4244
1001 LJUBLJANA SLOVENIA
ALL OF SLOVENIA
Phone#: +386-31-798-654 +386-31-322567

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/>

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January 07, 2008

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 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 Reg.#:
09
C/ LUIS DE HOYOS SAINZ,150,8B
28030 MADRID SPAIN
SPAIN
Phone#: +34-93-491-0924
<http://perso.wanadoo.es/oaespana/>

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

IG#: 09547 IG Name: IG GOTALAND (SOUTHERN SWEDEN) Reg.#: 09
C/O L PETRINI NASBHCHAUSSEN 15 B
291 35 KRISTIANSTAD SWEDEN
SOUTHERN SWEDEN
Phone#:

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

SWITZERLAND

IG#: 09463 IG Name: IGE SUISSE ROMANDE Reg.#: 09
C/O A SALGARELLA 2 QUAI DU CHEVAL-BLANC
1227 CAROUDE, GENEVA SWITZERLAND
SUISSE ROMANDE
Phone#: +4121-311-8524 +4121-616-3619

IG#: 09540 IG Name: OVEREATERS ANONYMOUS IG DEUTSCHWEIZ Reg.#:
09
POSTFACH 2731
8021 ZURICH SWITZERLAND
(GERMAN SPEAKING IG)
Phone#:

TURKEY

IG#: 09598 IG Name: TURKEY OA IG Reg.#: 09
ENVER USTAY AT HOTEL KONAK CUMHURLYET CAD, NISBET SOK 9
ELMADAG ISTANBUL 34437 TURKEY
Phone#: +90-533-583-1880 +90-533-642-9756

REGION OFFICE

IG#: 09901 IG Name: REGION 1 OFFICE Reg.#: 01
PO BOX 6588
PORTLAND OR 97228-6588
USA: AK, ID , MT, OR , WA, WY, CANADA: AB BC, NWT, SK, YK
Phone#:
<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 8173 REBECCA TRAIL
SAN ANGELO TX 76905
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
USA: IL, IA , KS, MN, MO, NB, ND, SD, CANADA: MB, NUNAVUT, NW ON
Phone#:
<http://www.oaregion4.org>

IG#: 09905 IG Name: REGION 5 OFFICE Reg.#: 05
C/O LAWSON 289 EAST PIKE ST
MARTINSVILLE IN 46151
USA: IL, IN,KY, MI, OH, WI, CANADA: SW ON
Phone#: 800-589-6262
<http://www.region5oa.org>

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IG#: 09906 IG Name: REGION 6 OFFICE Reg.#: 06

PO BOX 3073

MILFORD CT 06460

USA: CT, ME, MA, NH, NY, RI, VT, CANADA: NB, NF, NS, ON, QC, PEI

Phone#: 877-317-2111

<http://www.oaregion6.org>

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, BERMUDA, AND
CENTRAL AND SOUTH AMERICA

Phone#:

<http://www.oaregion8.org>

IG#: 09909 IG Name: REGION 9 OFFICE Reg.#: 09

C/O F HERMANS EVERBERGSTRAT 42

3071 ERPS KWERPS BELGIUM

AFRICA, WESTER ASIA, EUROPE, MIDDLE EAST

Phone#: 0032(0)27572102

<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/>