

Overeaters Anonymous

Postbus 61025, 1005 HA Amsterdam

National Information number: (020) 627 48 20

Website: www.anonieme-overeters.nlEmail: info@anonieme-overeters.nl

The following meetings are accessible to everybody who wants to stop eating compulsively. You don't need to register to visit. Nearly all meetings are "closed" - open only to compulsive overeaters. The only requirement for membership is the desire to stop eating compulsively. The Wednesday evening meeting in Amsterdam and the Thursday evening meeting in Rotterdam are open meetings - everybody is welcome to visit these meetings.

Alkmaar (Oudorp)**Thursday evening 19.30 – 20.30 hr**

Amstelstraat 1, 1823 EV.

Contactperson: Mary (072) 533 47 44.

Amersfoort (Zielhorst)**Tuesday evening 20.00 - 21.00 hr**

Spinetpad 2, 3822 DT.

Small room directly left from entrance.

Contactperson: Caroline (06) 28 34 90 46.

e-mail: ao.amersfoort@gmail.com**Amsterdam****Monday morning 10.30 – 11.30 hr**

Nieuwezijds Voorburgwal 282a, 1012 RT

Contactperson: Anita (023) 525 86 30.

Monday evening 20.00 – 21.30 hr

Surinameplein 35, 1058 GM.

Contactperson: Loes (06) 20 48 17 89.

Wednesday evening 19.00 – 20.00 hrEnglish speaking **open meeting**

Jacob Obrechtstraat 92, 1071 KR. room 1C12.

(tram 2 stop Jacob Obrecht; tram 3, 5, 12, 24 stop Roelof Hartplein).

Contactperson: Nynke (06) 44 39 05 90.

Thursday evening 19.00 – 20.00 hr

English speaking meeting ; Big Book

Van Limburg Stirumstraat 119, 1051 BA.

Contactperson.: Cas (020) 634 48 28

(don't take the main entrance, but one door to the left, near the corner)

Saturday morning 11.00 – 12.30 hr

Jacob Obrechtstraat 92, 1071 KR kamer 1B13.

(tram 2 stop Jacob Obrecht ; tram 3, 5, 12, 24 stop Roelof Hartplein).

Contactperson: Dinette (06)52 35 80 30.

Sunday morning 11.00 – 12.00 hr

Van Limburg Stirumstraat 119, 1051 BA.

Contactperson: Vera (06) 45 35 04 06..

(don't take the main entrance, but one door to the left, near the corner)

Literature Sails after the meeting**Den Dolder****Wednesday evening 20:00 – 21:30**

Dolderseweg 167a

3734 BH

Contactperson: Nathalie(06)50 44 04 82

Adres is aprox.10min walk from the station

Den Haag**Monday evening 20:00 – 21:15 hr**

Stadhouderslaan 8, 2517 HW, lowest bell.

(tram 13,17,24 stop "Groothertoginnenlaan").

Contactperson: Marieke (06) 14 49 29 09.

Literature Sails after the meeting**Saturday morning 11:00 – 12:00 hr**English speaking **open meeting** ;

11th step meeting "Seeking the Spiritual Path"

Perponcherstraat 103, 2518 SR.

Contactperson: Margot (06) 11 04 56 80.

e-mail: oadenhaag@gmail.com

Groningen**Tuesday evening 20.15 – 21.45 hr**

Lorentzstraat 11, 9727 HW, in the basement.

Contactperson: Paul (06) 28 23 86 64 / (0592) 408 433.

(Call before please!!!).

Rotterdam (Open meeting)**Thursday evening 20.00 – 21.30 hr**

Building ‘Akropolis’

Achillesstraat 290, 3054 RL.

Contactperson: Aad (06) 83 96 52 65.

e-mail: oarotterdam@gmail.com.**Literature Sails after the meeting****Utrecht****Monday evening 19.30 – 20.45 hr**

Beneluxlaan 924, 3526 KJ

“space opposite the” Leliezaal”.

(speedtramstop: Vasco da Gama).

Contactperson: Caroline (06) 28 34 90 46.

Literature Sails after the meeting**Dutch spoken Online Meeting on starchat.net****Friday evening: 21:00 – 22:00 hr Chair: Nancy****and****Sunday evening 21:00 – 22:00 hr Chair: Frank**<http://www.starchat.net/chat/index.php?chan=12step4coesdutch>

Startchat.net is also reachable thru the link:

<http://www.oa.org/meetings/find-a-meeting-online.php>At “**Nick**” enter your first name (prefered) of nickname.Where it says “room” Enter or check if it is already mentioned: **12step4coesdutch**

Contactpersons of the Dutch spoken Online Meetinggroup:

By phone:

Frank: 06 27 22 28 74

Sandra: 06 34 19 70 93.

Thru e-mail: Nancy: dutchoaonline@gmail.com

Please feel free to call Frank and Sandra or email Nancy if you need additional info.

Open meeting means that the meeting is open for visitors from outside OA and professionals. These people are asked not to share if they have no problems with food themselves.

The list could be outdated. Please call before attending one of these meetings for the first time..