

Overeaters Anonymous**Postbus 61025, 1005 HA Amsterdam****National Information number: (020) 627 48 20****Website: www.anonieme-overeters.nl****Email: 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**

Wijkcentrum De Oever, Amstelstraat 1.

Contact person: Mary: (072) 533 47 44.

Amersfoort (Zielhorst)**Tuesday evening 20.00 - 21.00**Wijkcentrum "Het Middelpunt", Spinetpad 2,
Room immediately left of the entrance.

Contact person: Caroline: (06) 28 34 90 46.

e-mail: ao.amersfoort@gmail.com**Amsterdam****Monday morning 10.30 – 11.30**English church meeting hall, Nieuwezijds Voorburgwal 282a
(nearby Dam square).

Contact person: Anita (023) 525 86 30.

Monday evening 20.00 – 21.30

Jellinek Minnesota, Surinameplein 35.

Contact person: Loes (06) 20 48 17 89.

Wednesday evening 19.00 – 20.00 (English speaking Open Meeting)

Jelliekkliniek, Jacob Obrechtstraat 92, room 1C12.

(tram 3, 5, 12, 24 stop Roelof Hartplein).

Contact person: Nynke (06) 44 39 05 90.

Thursday evening 19.00 – 20.00 (English speaking meeting, Big Book)

Stichting "De koperen knoop", Van Limburg Stirumstraat 119

Contact person: Cas (020) 6344828.

Saturday morning 11.00 – 12.30

Jelliekkliniek, Jacob Obrechtstraat 92, room 1B13.

(tram 3, 5, 12, 24 stop Roelof Hartplein).

Contact person: Anneke (020) 686 77 70.

Sunday morning 11.00 – 12.00

Stichting "De koperen knoop", Van Limburg Stirumstraat 119

Contact person: Vera (06) 512 76 532.

Literature Sale after the meeting**The Hague****Monday evening 20:00 – 21:15**

Quakers, Stadhouderslaan 8 Den Haag, (push button Quakers).

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

Contact person: tel.: ? (06) 14 49 29 09

Saturday morning 11:00 – 12:00 (English speaking Open meeting ;

(11 step meeting "Seeking the Spiritual Path")

Perponcherstraat 103

Contact person: Aad (06) 83 96 52 65.

e-mail: oadenhaag@gmail.com**Groningen****Tuesday evening 20.00 – 21.30**

Lorentzstraat 11, in de kelder.

Contact person: Paul: 06-28238664 / 0592-408433.

(Please call beforehand).

The list could be outdated.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

Rotterdam (Open meeting)**Thursday evening 20.15 – 21.15**

Building 'Acropolis', Achillesstraat 290 bg.

Contact person: Aad (06) 83 96 52 65.

e-mail: oarotterdam@gmail.com.

Utrecht**Monday evening 19.30 – 20.45**

Albert.v. Koningsbruggen, Beneluxlaan 924, "room facing the Leliezaal".

(tramstop: Vasco da Gama) ;

Contact person: Caroline (06) 28 34 90 46.

(ask reception for "de Leliezaal" !!).

Literature Sale after the meeting

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

On line meeting on starchat.net [Language: Dutch]<http://www.starchat.net/chat/index.php?chan=12step4coesdutch>

Starchat.net is also available by via

<http://www.oa.org/meetings/find-a-meeting-online.php>

At Nick you give your name or nick-name

At room you write or check the text: 12stepcoesdutch

Contact person(s):

by phone: Aad (06) 28 77 44 65

by e-mail: dutchoaonline@gmail.com