ALCOHOLICS ANONYMOUS

“Sobriety – freedom from alcohol – through the teaching and practice of the Twelve Steps is the sole purpose of an AA group.”

OVEREATERS ANONYMOUS

“In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is “Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.”

COMPULSIVE EATERS ANONYMOUS

“CEA-HOW is a Fellowship of men and women who meet to share their experience, strength, and hope with one another in order that they may solve their common problem and help those who still suffer to recover from compulsive eating. HOW meetings offer a disciplined and structured approach to the compulsive eater who accepts the 12 Steps and 12 Traditions as a program of recovery. Our primary purpose is to stop eating compulsively...and we welcome in fellowship and friendly understanding all those who share our common problem.”

NARCOTICS ANONYMOUS

“We are powerless over a disease that gets progressively worse when we use any drug.  It does not matter what drug was at the center for us when we arrived.  Any drug we use will release our disease all over again.  We recover from the disease of addiction by applying our Twelve Steps.”