

Dear Friend,

Thank you for contacting the World Service Office of Overeaters Anonymous (OA) and for your interest in teen meetings. OA is a Twelve-Step program patterned after Alcoholics Anonymous. The substance in our case is food, and the behavior is compulsive eating. The only requirement for membership is a desire to stop eating compulsively.

We invite you to contact OA members in your area to find out what meetings you may attend and how to go about attending. In the United States, we ask that anyone under 18 be accompanied by a parent or other adult. Parent or guardian attendance in the meeting room itself is not required.

You can [search for face-to-face meetings](#) in your area on the OA Web site, or call us if you need further help: 1-505-891-2664. If there are no face-to-face meetings in your area, we suggest [telephone meetings](#) as an alternative. For internet safety purposes, we discourage teen attendance at online meetings.

We can send you a packet that includes OA information for teens and/or parents and concerned adults. Please provide us with your name and mailing address. We also invite you to go to our online literature store: [OA Bookstore](#). Introductory items particularly helpful for newcomers and teens are:

- [Newcomer Packet](#)
- [To the Teen pamphlet](#)

Additional OA program literature:

- [*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*](#)
- [*Overeaters Anonymous, Second Edition*](#)
- [*The Twelve-Step Workbook of Overeaters Anonymous*](#)
- [*Alcoholics Anonymous*](#) (commonly called the Big Book)

Literature is also available for purchase at local meetings or by calling the World Service Office at the above number.

If we may be of further assistance, please don't hesitate to contact us again.

"The remarkable thing about OA's success is that the program gets people to function far better than they ever have in their lives. With any other disease, you're lucky to get back to where you were ... With the compulsive overeater, not only do you get back to a normal weight, but, more importantly, your life is changed and in a sense you're ahead of where you were before you became a compulsive overeater. Now you have the tools of feeling, touching, caring, loving, sharing, being honest with your family, and looking at life in an understanding way ..."

-*Overeaters Anonymous, Second Edition, p. 230*