

THERE IS A SOLUTION

OA Meeting

When: 6pm

Where: First United Methodist Church, 112 Navesink Ave, Atlantic Highlands, NJ 07716

Contact: Ron S 732-784-8612 or Jen H 732-687-5338

New OA meeting focused on recovery topics and a solutions based approach using the Big Book, the OA 12&12, and specific OA topics such as Abstinence and Food Plans.

Format:

Closed Discussion Meeting

1st Monday of the Month Topic: Abstinence

2nd Monday of the Month Topic: Plan of Eating

3rd Monday of the Month Read/Discuss: OA 12&12

4th Monday of the Month Read/Discuss: AA BB

5th Monday of the Month: Open Topic