



What Brought Us Here?

OA is a worldwide Fellowship, open to all who have the desire to stop eating compulsively.

Compulsive eating behaviours may include overeating, undereating, anorexia, bulimia, laxative or drug abuse, over-exercising, or any combination of these actions.

Some of these behaviours may have begun in early childhood but we believe that compulsive eating is progressive and may become even more of a problem for us later.

It can have a dramatic effect on the daily lives, relationships, physical health and aspirations of young people in their teens, 20s or 30s.

Why Do We Stay?

You may feel that you are alone, struggling with feelings of powerlessness and shame over your compulsive eating, body image and weight. You may wonder if anyone else your age feels the way you do.

We can tell you that many young people in OA have found recovery and freedom from the crippling effects of compulsive eating and compulsive food behaviours.

Members of all ages have discovered that the Twelve Steps of Overeaters Anonymous offer a common solution for all who wish to recover. You are not alone.