SUPPORT GROUPS

Start with this site:

**Food Addiction Institute** [http://foodaddictioninstitute.org](http://foodaddictioninstitute.org)

Here you can find all the information you need, articles, interviews, books etc. that are helpful.

12 STEP SUPPORT GROUPS

**Compulsive Eaters Anonymous** HOW (CEA-HOW) [www.ceahow.org](http://www.ceahow.org)

**Food Addicts Anonymous** (FAA) [www.foodaddictsanonymous.org](http://www.foodaddictsanonymous.org)

**Greysheeters Anonymous** (GSA) [www.greysheet.org](http://www.greysheet.org)

**Food Addicts In Recovery** (FA) [www.foodaddicts.org](http://www.foodaddicts.org)

**Overcomers Outreach** (Christian-based) [www.overcomersoutreach.org](http://www.overcomersoutreach.org)

**Overeaters Anonymous** (OA) [www.overeatersanonymous.org](http://www.overeatersanonymous.org)

**Overeaters Anonymous** HOW (OAHOW) [www.oahow.org](http://www.oahow.org)

**Recovery From Food Addiction, Inc.** [www.recoveryfromfoodaddiction.org](http://www.recoveryfromfoodaddiction.org)

**Anorexics and Bulimics Anonymous** [http://aba12steps.org](http://aba12steps.org)