

# SUPPORT GROUPS

Start with this site:

**Food Addiction Institute** <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>