

Compulsive Eaters Anonymous HOW San Fernando Valley Intergroup

VALLEY HOW MEETING GUIDE

December, 2017

IF YOU KNOW OF A MEETING THAT IS NEW OR CLOSING, PLEASE CONTACT THE INTERGROUP OFFICE AT (818) 667-6722 or e-mail: sfvalleyhow@aol.com

Meeting format is leader/speaker with group participation and sharing unless otherwise designated.

KEY FOR MEETING TYPES

11th = Meditation Mtg.
12/12 = 12/12 Study
BB = Big Book Study
TC = Tradition Checklist

BBG = Brown Bag Mtg
MS = Men's Stag
SPAN = Spanish
Speaking Only

SPKR = Speaker Only
SS = Step Study
TS = Tradition Study
ABSI = As Bill Sees It

WS = Women's Stag
WTG = Writing Mtg.

CALENDAR OF EVENTS

ATTENTION ALL MEETINGS: PLEASE....PLEASE.....SEND YOUR MEETING CONTRIBUTION ON A MONTHLY BASIS

Monthly Intergroup Meetings

IG Meetings are the **First Wednesday** of the month at 7:30pm unless otherwise specified.

WHERE:

Sherman Oaks Galleria
15303 Ventura Blvd.
Sherman Oaks, CA 91403

Meets in the Community Room on the first floor across from Bank of America Ready Teller.

Parking is validated.

The Galleria is located at the 405 Freeway and Ventura Blvd.

Contact for directions
(818) 667-6722

Executive Board

Chair: James L. (818) 674-1200
Vice Chair: Ward W. (818) 297-9393
Secretary: Lois L. (818) 371-2564
Treasurer: Paulie G. (818) 809-8208
Outreach: Bryce M. (818) 621-2130
Special Events: Beth C. (310) 890-0699
Christa (818) 631-8718
Birthday Party: Lois L. (818) 371-2564
Literature Chair: June L. (703) 554-3654

Area 1 Representatives

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Area 1 Chairperson & Conf. Delegate

Delores G. (562) 391-7069

Area 1 Vice-Chair & Conf. Delegate

Maria D. (323) 536-1341

Area 1 Secretary

Shirle A. (323) 861-7347

Area 1 Treasurer

Michael D. (323) 333-0379

Area 1 Rep. & Conf. Delegate

June (703) 554-3654

Area 1 Rep. & Conf. Delegate

David S. (626) 791-9440

Area 1 Rep. & Conf. Delegate

James L. (818) 674-1200

Area 1 Rep. & Conf. Delegate

Suzanne K. (818) 883-1773

Area 1 Rep. & Conf. Delegate

Bryce M. (818) 489-5228

Area 1 Rep. & Conf. Delegate

OFFICE MANAGER

Karen H. (818) 667-6722

Email us your announcements & feedback. Write to →

sfvalleyhow@aol.com

CEA-HOW Message Line:

(818) 667-6722

NEW Mailing Address:

P O Box 17124

Encino, CA 91316

Visit our new website at

www.valleyhow.org

You can find meetings in other

areas on the WSO

Web sites:

www.ceahow.org

www.lahow.org

www.ceahowsci.com

www.ceahowhearitnow.com