

What is FA?

FA is a program based on the twelve steps of Alcoholics Anonymous. There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

Who Joins FA?

FA members are men and women of all ages from all over the world. Some of us have been obese; others have been undereaters, bulimic, or so obsessed with food or weight that we could not freely live our lives. Among us are people who have weighed as little as 62 pounds, those who have weighed more than 400 pounds, and others who have been of normal weight but were obsessed with food or dieting.

Does the program really work?

Typically, FA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In FA, we have finally found an answer that is long-term. FA members have maintained normal weights and found freedom from obsession for more than twenty-five years. As more and more newcomers enter the program, the number of people with five or ten years of recovery continues to grow.

Are you a food addict?

To find out, ask yourself the following questions and answer them as honestly as you can:

1. Have you ever wanted to stop eating and found you just couldn't?
2. Do you think about food or your weight constantly?
3. Do you find yourself attempting one diet or food plan after another, with no lasting success?
4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
5. Do you eat differently in private than you do in front of other people?
6. Has a doctor or family member ever approached you with concern about your eating habits or weight?
7. Do you eat large quantities of food at one time (binge)?
8. Is your weight problem due to your "nibbling" all day long?
9. Do you eat to escape from your feelings?
10. Do you eat when you're not hungry?
11. Have you ever discarded food, only to retrieve and eat it later?
12. Do you eat in secret?
13. Do you fast or severely restrict your food intake?
14. Have you ever stolen other people's food?
15. Have you ever hidden food to make sure you have "enough"?
16. Do you feel driven to exercise excessively to control your weight?
17. Do you obsessively calculate the calories you've burned against the calories you've eaten?
18. Do you frequently feel guilty or ashamed about what you've eaten?
19. Are you waiting for your life to begin "when you lose the weight"?
20. Do you feel hopeless about your relationship with food?

If you answered yes to any of the above questions, then you may be a food addict.

Read what our members have to say about FA:

"My life was a constant struggle with weight until I came into the FA program at the age of forty-three. I had always wanted to be thin. From age sixteen on, I went from one diet to another..."

"I joined FA because I was fat, unhappy, and couldn't stop eating. I never understood how I could be successful in so many areas of my life but so unable to control myself with food. Food was my escape..."

"After more than seven years of struggling with anorexia, bulimia, and bingeing, I found FA. Food moved from the center of my life into its proper place, and I became free to live..."

"My four-year-old daughter spent her first two years with a father who was "away," regardless of whether I was at work or at home. I had a better relationship with food and the TV than I had with her. Finally, during a major holiday, after many binges, I picked up the phone, called a sponsor, and walked through the doors of FA into a new life."

Looking for a solution?
Consider attending one of these weekly meeting

Monday 8-9:30 a.m. Walnut Creek

St Pauls Episcopal Church
1924 Trinity Ave.
Ann C. 925-891-4961



Tuesday 7-8:30 p.m., Concord

John Muir Medical Center (Martinez U 18 room)
2540 East Street
Lynda C. 925-899-1911



Tuesday 7:15-8:45 a.m. Oakland

St. Columba Church (room in back off Ocean Ave.)
4101 San Pablo Ave
Cathy M. 510-654-6086



Tuesday 7-8:30 p.m. Oakland

Kaiser Hospital (lower level)
3600 Broadway
Erin D. 510-368-1753/ James P. 510-427-3327



Tuesday, 8-9:30 a.m., Walnut Creek

Community of Christ Church
1786 2nd Avenue
Robin P. 925-872-4957/Stephen S. 925-512-3015



Tuesday, 3:30-5 p.m., Walnut Creek

Community of Christ Church
1786 2nd Avenue
Mary R. 925-285-2389/Marti M. 925-413-9211



Wednesday, 9:30-11 a.m. Alamo

San Ramon Valley United Methodist Church
902 Danville Blvd (Room 205)
Shelby M. 925-963-7037/ Linda Grace C, 925-324-2807



Wednesday 8:30 am Berkeley

Good Shepherd Episcopal Church
1823 Ninth Street, Diana S. 510-849-1354/Vanessa R.
510-227-4378

Wednesday, 7-8:30 p.m., San Pablo

West Community Health Center (Conf. Rm. B.)
13601 San Pablo Avenue
Pamela M. 510-932-7573/Lillie W. 510-685-1607



Wednesday, 9:30-11 a.m. Walnut Creek

The Church of Latter-Day Saints
2369 Overlook Drive
Pat D. 925-872-9031/Andrea G. 415-850-4898



Wednesday, 7-8:30 p.m., Walnut Creek

Shell Ridge Community Church
200 La Casa Via
Ramona P. 925-876-0960/Demetra S. 510-604-1210



Thursday, 7-8:30 p.m., Antioch

Kaiser Antioch Medical Center
Sand Creek Building, (Conf. Center)
4501 Sand Creek Road
Anna K. 925-626-3556/Jeanne D. 925-513-7881



Thursday, 7-8:30 p.m., Oakland

Kaiser Hospital (Lower Level)
3600 Broadway
Carol R. 510-560-0651/Pamela M. 510-932-7573



Friday, 9-10:30 a.m. San Leandro

Veteran's Memorial Building,
1105 Bancroft Avenue
Jim B. 510-295-8549/Fredrika N. 510-798-4872

Saturday, 7:30-9:00 a.m. Concord

United Methodist Church, (fireside room)
1645 West Street
Lynda C. 925-899-1911



Saturday, 7:30-9:00 a.m. Walnut Creek

Hillside Covenant Church,
2060 Magnolia Way
Michelle B. 925-366-8171/Joann W. 925-285-3437



Saturday, 8-9:30 a.m. Walnut Creek

Community of Christ Church
1786 2nd Avenue
Robin P. 925-872-4957/Demetra S, 510-604-1210



Saturday, 9:30-11 a.m., Berkeley

Good Shepherd Episcopal Church
1823 9th St.
Sarah C. 510-220-9229/Pamela H. 510-872-2481



Saturday, 8-9:30 a.m., Oakland

Kaiser Hospital
3600 Broadway, (lower level, Rm. A)
Monica G. 510-919-1322



Sunday, 8:30-10 a.m., Oakland

Kaiser Hospital, (lower level, Rm. A)
3600 Broadway
Jim B. 510-295-8549/Angela M. 510-847-3702



Sunday, 7-8:30 p.m., Walnut Creek

United Methodist Church
1543 Sunnyvale Avenue
Danielle S. 925-683-5577/Karyn K. 925-260-9154



Are You Having Trouble Controlling The Way You Eat?

**Are you underweight? Overweight?
Obsessed with food, weight, or dieting?**

**You are not alone.
Today, there is a solution.**



FOOD ADDICTS
in recovery anonymous

**Food Addicts in Recovery Anonymous
No dues, fees, or weigh-ins**

East Bay

For a current list of meetings, **including
wheelchair accessibility and maps,**
please visit www.foodaddicts.org

FA World Service Office
400 West Cummings Park, Suite 1700
Woburn, MA 01801 USA

Western Area Intergroup
800-600-6028
415-248-9347

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