

## Compulsive Eating and Food Addiction Resources

*Updated April 2, 2025*

If you or someone you know may be struggling with compulsive eating or food addiction, there are numerous resources available to provide support and guidance. Below is a curated list of recovery groups, alternative programs, and professional services to explore. Please choose what resonates with you and feel free to disregard the rest.

### 12-Step Recovery Groups

#### 1. Overeaters Anonymous (OA)

- **Website:** [www.oa.org](http://www.oa.org) (<http://www.oa.org>)
- **Meeting Formats:** For stronger, stricter guidance, consider "90 day" or "HOW" formats that emphasize food abstinence (no sugar/flour, weighed/measured food plans). These are available online but not currently in the RI area.
- **A Vision for You:** A robust OA group with special editions, convention recordings, and live/recorded phone meetings.
  - **Website:** [www.avision4you.info](http://www.avision4you.info) (<http://www.avision4you.info>)
  - **Convention:** The 4th in-person food addiction/compulsive eating recovery convention in 2025 in NJ offers a potential kick-start retreat.

#### 2. Rhode Island OA Meetings

- **Details:** Multiple in-person meetings are available in/near RI. These may offer a gentler approach to food addiction.
- **Meeting List:** Ocean and Bay Intergroup Meeting List ([https://oceanandbay.org/wp-content/uploads/2025/01/Meeting\\_List\\_Rev\\_1-2-25.pdf](https://oceanandbay.org/wp-content/uploads/2025/01/Meeting_List_Rev_1-2-25.pdf))

#### 3. Food Addicts in Recovery Anonymous (FA)

- **Website:** [www.foodaddicts.org](http://www.foodaddicts.org) (<http://www.foodaddicts.org>)
- **Details:** Offers stricter food guidelines than OA, including an in-person meeting in East Greenwich, RI. Virtual meeting options are also available.

#### 4. Food Addicts Anonymous (FAA)

- **Website:** [www.faacanhelp.org](http://www.faacanhelp.org) (<http://www.faacanhelp.org>)
- **Details:** Stricter with food guidelines, but currently no meetings in CT/MA/RI. Virtual meeting options are available.

#### 5. Grey Sheetters Anonymous

- **Website:** [www.greysheet.org](http://www.greysheet.org) (<http://www.greysheet.org>)
- **Details:** Offers a very strict food plan, though no in-person meetings in RI. Virtual meeting options are available.

### 12-Step Alternatives and Complementary Programs

## 1. SMART Recovery

- **Details:** A non-religious/spiritual alternative to 12-step programs. Suitable for those with overeating issues.
- **Meetings:** Offers both in-person and virtual meeting options in RI.
- **Website:** Find Meetings in RI (<https://meetings.smartrecovery.org/meetings/?coordinates=50&location=rhode%20island>)

## 2. Celebrate Recovery

- **Details:** Christian 12-step recovery for all addictions, not specific to food.
- **Meetings:** Multiple in-person options in RI and virtual options are available.
- **Website:** [www.celebraterecovery.com](http://www.celebraterecovery.com) (<http://www.celebraterecovery.com>)

## 3. Recovery Dharma

- **Details:** Uses Buddhist practices and principles for addiction recovery.
- **Meetings:** Offers online and phone meetings, as well as in-person meetings in Providence, RI, and nearby locations.
- **Website:** [www.recoverydharma.org](http://www.recoverydharma.org) (<http://www.recoverydharma.org>)

## Additional Resources

- **Podcast:** *Food Addiction: The Problem & The Solution* provides helpful insights.

## Online Professional Programs

### 1. Bright Line Eating

- **Details:** An online program, not free.

### 2. SugaRx Global

- **Details:** An online program, not free.

### 3. Sweet Sobriety

## Intensive or Residential Treatment

- **Shift:** [foodaddiction.com](http://foodaddiction.com) (<http://foodaddiction.com>)
- **Cormn.org:** Compulsive Overeater Recovery
- **Milestones in Recovery:** Located in Florida
- **Shades of Hope:** Located in Texas

## Additional Resources

- **Food Addiction Institute:** Offers links to podcasts, videos, and more. Visit [foodaddictioninstitute.org](http://foodaddictioninstitute.org) (<http://foodaddictioninstitute.org>) for resources.

Feel free to reach out to these organizations directly to find the support that best suits your needs.