

Overeaters Anonymous

Step into Freedom

12-Step Spring Retreat

Montreal | May 30th - June 1st



Details

Manoir D'Youville

498 Bd D'Youville, Châteauguay, QC, J6J 5T9

Friday, May 30th

Registration opens at 4pm

Supper from 5pm-7pm

Program begins at 7:15pm

What to Expect

- Dive deep into the steps with the Big Book & discover how to integrate them into your daily life.
- Be inspired by our retreat leader, a fellow OA member & experienced lecturer with many years in program.
- Recharge in a serene natural oasis, the perfect setting to renew your focus and strengthen your program.



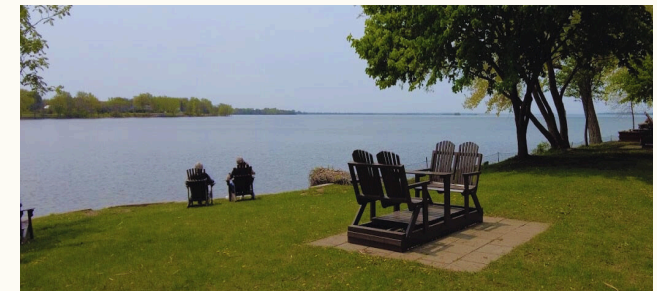
What to bring

- **Big Book**
- Notebook & Pen
- Water bottles
- All towels & bedding will be provided



Pricing for 2-night stay

- **Single room - shared bathroom**
 - \$304.31
- **Single room with bathroom**
 - \$375.39
- **2 people room - shared bathroom**
 - \$434.63
- **2 people room with bathroom**
 - \$489.13
- 6 meals included, vegan & vegetarian options available
- The venue is accessible & has elevators
- Free parking , carpooling recommended



How to Book

- Select room type
- Call Manoir D'Youville at (450) 692-8291
- Reserve with credit card
 - To be charged on arrival
- **Mention registration code: OAP300525**

Financial Assistance

For confidential support, email: samantha.briand18@gmail.com. Assistance is first come, first served, based on available funds.

Become an Angel Donor

Help make this retreat accessible to all by funding a fellow member's attendance. Your generosity could be the key to someone's healing journey. Together, we can make recovery possible for everyone. To contribute, email: samantha.briand18@gmail.com.



Questions?

Want to know more about the retreat, accessibility, food planning or financial assistance? We're happy to help! Email: samantha.briand18@gmail.com



One day at a time

Overeaters Anonymous

Together we get better

Spots are limited

Early bird registration ends
February 1st, 2025