

Compulsive Eaters Anonymous HOW San Fernando Valley Intergroup

VALLEY HOW MEETING GUIDE

April, 2025

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:

Video Zoom Meetings
Contact for Video Zoom Link
e-mail: sfvalleyhow@aol.com
CEA-HOW – Karen - (818) 667-6722

Executive Board

Chairperson: Co-Chair/Lois L. (818) 371-2564

Vice-Chair: Co-Chair/ ()

Secretary: Lynn F. (661) 713-6702

Treasurer: Susan S. () -

Outreach: Bryce M. (818) 426-7131

Special Events: Sue G. (310) 993-2060

Birthday Party: () -

Zoom Host: Nora (818) -

Workshop: () -

Literature Chair: ()

Area 1 Representatives

Area 1 Chairperson & Conf. Delegate

Area 1 Vice-Chair

Lois L. (818) 371-2564

Area 1 Secretary

Area 1 Treasurer

Area 1 Rep. & Conf. Delegate

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