

**The Sunday Morning Montclair
Mountainside Hospital OA Meeting
presents**

Freedom Through Abstinence

An in-person 4-week Special Speaker Series



**4 consecutive Sundays
9:00-10:15 AM**

9/14 - Getting Abstinent

9/21 - Maintaining Abstinence

9/28 - Dealing with Emotions in Abstinence

10/5 - What You Gain from Abstinence

**Hackensack Meridian Mountainside Hospital
1 Bay Avenue, Montclair, NJ 07042
in the Private Dining Room**

Directions to the Private Dining Room:

From the reception desk, follow the dark brown strip on the floor down the hallway until you reach the cafeteria. Enter the cafeteria, and toward the back on the right, you'll see a door — that's the entrance to the private dining room.

Helpful links:

Where Do I Start? <https://oa.org/what-to-expect/where-do-i-start/>

Where Do I Start? Everything a Newcomer Needs to Know

<https://oa.org/app/uploads/2022/06/where-do-i-start-everything-a-newcomer-needs-to-know.pdf>

A Newcomer's First 12 Days

<https://media.oa.org/app/uploads/2022/09/10100113/temporary-sponsors-newcomers-first-twelve-days.pdf>

Questions?

Contact: Pam C. (973) 865-3050