



*Together we get better.*



## OA Region One

Pacific North West: Alaska, Idaho, Montana, Oregon, Washington, Wyoming, Alberta, British Columbia, Northwest Territories, Saskatchewan, Yukon

### Intergroup-related:

- <https://www.oaregion1.org/find-your-intergroup.html>
- <https://www.oaregion1.org/intergroup-renewal.html>
- [https://www.oaregion1.org/uploads/1/4/0/4/14047174/board\\_outreach\\_visit\\_app\\_2020\\_interactive.pdf](https://www.oaregion1.org/uploads/1/4/0/4/14047174/board_outreach_visit_app_2020_interactive.pdf)

### Useful general links:

- <https://www.oaregion1.org/resources-for-specific-oa-populations.html>
- <https://www.oaregion1.org/board-blog/if-i-could-tell-you-one-thing>



## **OA Region Two**

Pacific Southwest: California, Hawaii, Reno/Tahoe area of Nevada, Mexico

Intergroup-related:

- <https://www.oar2.org/intergroup-directory.html#/>
- <https://www.oar2.org/intergroup-outreach.html#/>
- <https://www.oar2.org/intergroup-events.html#/>

Useful general link: <https://www.oar2.org/speaker-list.html#/>



## **OA Region Three**

Southwest: Arizona, Colorado, Nevada, New Mexico, Oklahoma, Texas, Utah

Intergroup-related:

<https://www.oaregion3.org/r3-welcome/directory/> (see each Intergroup's link)

Useful general link:

<https://www.oaregion3.org/events/>



## OA Region Four

West Central: Illinois (except the Greater Chicago area and Central Illinois Intergroup), Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwestern Ontario, the territory of Nunavut.

Intergroup-related:

- <https://oaregion4.org/r4-intergroups/>
- <https://oaregion4.org/committee-chairs/>

Useful general link: <https://oaregion4.org/events-across-r4/>



## OA Region Five

Central: Greater Chicago area and Central Illinois Intergroup, Indiana, Kentucky, Michigan, Ohio, Wisconsin, Southwestern Ontario

Intergroup-related:

- <https://www.region5oa.org/intergroups/intergroup-list/>
- <https://region5oa.org/board-committees/> (scroll down for Intergroup to Intergroup contact)

Useful general links:

- <https://www.region5oa.org/what-has-being-a-member-of-intergroup-given-to-me/>



## OA Region Six

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec, Bermuda

Intergroup-related:

- <https://oaregion6.org/en/about-2/r6-integroups/>
- <https://oaregion6.org/en/igor/>
- [https://oaregion6.org/wp-content/uploads/2020/08/Intergroup-Renewal-Pub-08\\_29\\_2020.pdf](https://oaregion6.org/wp-content/uploads/2020/08/Intergroup-Renewal-Pub-08_29_2020.pdf)

Useful general links:

- <https://oaregion6.org/en/resources/region-6-podcasts-convention-audio-files/>  
-- audio files from previous conventions (called) "Podcast"
- <https://oaregion6.org/en/experience-strength-and-hope-submission-page/>
- <https://oaregion6.org/en/the-messenger/>



## OA Region Seven

Eastern: Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia

Intergroup-related:

- <https://oaregion7.org/intergroups/>
- <https://oaregion7.org/board/>
- <https://oaregion7.org/wp-content/uploads/2021/02/022121-Intergroup-Renewal-Workshop.pdf>
- <https://oaregion7.org/resources/>
  - Includes Intergroup Rep Info Package, speaker talks from prior assemblies, and more.

Useful general links:

<https://oaregion7.org/shop2/>





## OA Region Eight

Southeast: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the Virgin Islands, Central America, South America

### Intergroup-related:

- <https://oaregion8.org/files/igor/Intergroup-Renewal.pdf>
- <https://oaregion8.org/files/igor/IGOR-Intergroup-Support-Workshop-Packet.pdf>
- <https://oaregion8.org/intergroup-info-and-update-form>
- <https://oaregion8.org/contact-us>

### Useful general links:

- <https://oaregion8.org/newsletters/submit-article-for-newsletter>
- <https://oaregion8.org/oa-resources/>
- <https://oaregion8.org/r8-assembly-videos>



## OA Region Nine

Countries and territories in Africa, Europe, the Middle East, Western Asia

Intergroup-related: None.

Useful general links:

- <http://www.oaregion9.org/about-region-9/serenity-prayer-region-9-languages/>
- <http://www.oaregion9.org/about-region-9/oa-region-9s-websites/>
- <http://www.oaregion9.org/about-region-9/together-we-can/>
- <http://www.oaregion9.org/communications/region-9-newsletter/>
- <http://www.oaregion9.org/region-9-membersgroups/general-assistance-fund/>
- <http://www.oaregion9.org/wp-content/uploads/2012/12/HUMOR-WORKSHOP.pdf>
- <http://www.oaregion9.org/anonymity-data-protection/> - GDPR Privacy laws are strict in Europe and this might be useful information for collaborating with Region Nine.



## OA Region Ten

Countries and territories in Australia, New Zealand, South East Asia, the Western Pacific Basin

Intergroup-related:

<https://www.oaregion10.org/all-events/intergroup-events/>

<https://www.oaregion10.org/members/intergroups/>

Useful general links:

[https://www.oaregion10.org/wp-content/uploads/2020/10/OA\\_R10\\_WhereDoIFitIn\\_v2.0.pdf](https://www.oaregion10.org/wp-content/uploads/2020/10/OA_R10_WhereDoIFitIn_v2.0.pdf)

- Context for how Region 10 works and its activities.



## OA Virtual Region

Virtual meetings and virtual intergroups.

Intergroup-related:

- <https://oavirtualregion.org/igor-committee/>
- <https://oavirtualregion.org/vr-intergroups/>

Useful general links:

- <https://oavirtualregion.org/vr-calendar/> -Virtual Region's Calendar of Events-