

Compulsive Eaters Anonymous HOW San Fernando Valley Intergroup

VALLEY HOW MEETING GUIDE

February, 2026

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

11 th = 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.
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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. ()
Treasurer: Lynn W. ()
Outreach: ()
Special Events: Nora ()
Special Events: Sue G. (310) 993-2060
Birthday Party: Exec. Board Members
Zoom Host: Nora (818) -
Workshop: () -
Literature Chair: ()

Area 1 Representatives

Area 1 Chairperson & Conf. Delegate

Shirle A. - ()

Area 1 Vice-Chair

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