

Eating Disorders

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Torrance Office

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Eating Disorders

Beach Cities Health District

514 N. Prospect, Pacific Room-Third Floor-Coast Room
Redondo Beach, CA 90277

Thursday, 7:30-9:00 p.m.

Additional information: Join others with symptoms of compulsive over-eating, bulimia, and anorexia to find solutions to everyday issues.

Redondo Beach Office

Robert Cutrow, Ph.D.
Phyllis Dworsky, Ph.D.
Charles Eckstein, MFT
Alan Lert, Ph.D.
Angela Kappner, LCSW
Michael Rogachevsky, M.D.

310-318-9767

The Energy Resource

Diana Lipson-Burge, Registered Dietitian

2200 Pacific Coast Hwy, Suite 201, Hermosa Beach, CA
90254

**Comprehensive Psychological
and Psychiatric Services for
individuals, families, couples,
and groups, treating:**

anxiety
depression
relationship conflicts
medical evaluation
medication management

Addiction Disorders

drug & alcohol dependency
sexual/internet addiction
compulsive gambling
eating disorders
relapse prevention
impaired professionals
adults & adolescents

Behavioral Medicine

pain management
stress management
relaxation training
self hypnosis
chronic illness

Threat Assessment

workplace violence evaluation
violence prevention consultation
fitness for duty evaluation
critical incident debriefing
anger management

Performance Enhancement

sports psychology
executive coaching

310-374-8533

Overeaters Anonymous

Overeaters Anonymous-Beach Cities

2222 Artesia Blvd, Redondo Beach, CA 90278

oabeachcities@aol.com, www.aa.org

Meetings

MONDAY

Hollywood 6:00pm -Mt Hollywood Ucc
Los Angeles 12:15pm -City Hall
Los Angeles 10:00am -Chapel Of St Francis
Los Angeles 7:30am -Community Room Level P1
Los Angeles 7:00pm -Rose Vista
Redondo Beach 6:00pm -Oa Beach Cities Office
Santa Monica 7:00pm -Temple Beth Shir Salom
Santa Monica 7:00pm -Mount Olive Lutheran Church
Santa Monica 7:30am -Church In Ocean Park
West Hollywood 6:45pm -Lions Clubhouse
West Hollywood 7:30am -Community Room

TUESDAY

Carson 12:00pm-[Kaiser Permanente](#)
Culver City 7:00pm-[Veterans Memorial Building](#)
Hollywood 6:30pm Mt Hollywood Ucc
Los Angeles 6:00pm -Beinvenidos
Manhattan Beach 7:30pm -Journey Of Faith Church
Santa Monica Ca 6:30pm -Forbes Hall Unitarian Church
Santa Monica Ca 8:00pm -Ywca
Santa Monica Ca 1:00pm -Forbes Hall Unitarian Church
Torrance 5:30pm -Unity Church
West Hollywood 7:00pm -Lions Clubhouse
West Hollywood 6:45pm -Lions Clubhouse
West Hollywood 6:30pm -The Village
Torrance 5:30pm -Unity Church

WEDNESDAY

Culver City 7:30pm -Grace Lutheran Church
Hermosa Beach 7:30pm -Saint Cross Church
Hollywood 6:30pm -Van Ness Recovery House
Los Angeles 12:00pm -Palms Park
Los Angeles 4:00pm -Location
Rancho Palos Verdes 9:00am -Location
Redondo Beach 6:00pm -Oa Beach Cities Office
Santa Monica 7:30am -Church In Ocean Park
Santa Monica 8:00pm -Ywca
Santa Monica 7:00pm -Reed Park Auditorium Sth St
West Hollywood 7:00pm -The Village
West Hollywood 7:30am -Spiritual Awakening
West Hollywood 12:30pm -St Thomas Church

THURSDAY

Hollywood 6:30pm -The Village
Hollywood 1:00pm -St Thomas Church
Los Angeles 1:00pm -St Thomas Episcopal Church
Los Angeles 7:30am -Community Room Level P1
Redondo Beach 7:00pm -Oa Beach Cities Office
Redondo Beach 7:30pm -Christ Episcopal Church
Redondo Beach 6:00pm -Oa Beach Cities Office
Santa Monica Ca 1:00pm -Forbes Hall Unitarian Church
Santa Monica Ca 7:30am -Forbes Hall Unitarian Church
Santa Monica Ca 6:30pm -Friends Church
West Hollywood 7:30am -[Sunset Plaza](#)

FRIDAY

Culver City [6:00pm -Clare Foundation](#)
Culver City 10:15am -Clare Foundation

Hollywood 6:00pm -Hollywood Lutheran Church
Los Angeles 7:00pm -Gateway Plaza
Los Angeles 7:00pm -St Brigid's School
Manhattan Beach 9:00am -Manhattan Beach Community Church
Redondo Beach 8:00pm -Oa Beach Cities Office
Redondo Beach 6:00pm -David Hayward Center
Rolling Hills Ca 2:00pm -St Luke Presbyterian Church
Santa Monica Ca 7:30am -Church In Ocean Park
Santa Monica Ca 6:45pm -Ywca
West Hollywood 7:30am -Community Rm Sunset Plaza

SATURDAY

Culver City 5:00pm -Culver Palms United Methodist
Harbor City 10:30am -Kaiser Trailer Conference Rm
Los Angeles 9:30am -Rose Vista
Los Angeles 9:00am -Holy Nativity Church
Redondo Beach 6:00pm -Oa Beach Cities Office
Santa Monica Ca 10:00am -Church In Ocean Park
Santa Monica Ca 6:00pm -Share Self Help Center
West Hollywood 9:00am -Lions Clubhouse

SUNDAY

Culver City 5:00pm -Culver Palms United Methodist
Culver City 7:00pm -Grace Lutheran Church
Los Angeles 10:30am -Yada Studios
Los Angeles 4:30pm -Exodus Recovery Center
Marina Del Rey 9:00am -Marina Center
Santa Monica Ca 4:30pm New Age Bible & Philosophy Center
Torrance 11:00am -Del Amo Hospital
Torrances 11:00am -Del Amo Hospital

West Hollywood 10:30am -Lions Clubhouse

Bibliography- eating disorders

Accepting Powerlessness, the Food for Obsession: 1984.

Enough is a Feast: 1987.

Fat is a Family Affair: J. Hollis. Hazeldon Education Materials, 1985.

Fat is a Feminist Issue II: S. Orbach. The Berkley Publishing Group, 1982.

Feeding the Empty Heart: B. McFarland, and Baker-Baumann, 1988.

Feeding the Hungry Heart: Geneen Roth

Food for Thought: 1980

Hope, Help, and Healing of Eating Disorders: Gregory L. Jantz

Humility vs. Humiliation: 1986.

Listen to the Hunger. 1987

Recovering, the Story of An Overeater: 1981.

Relapse for Eating Disorder Sufferers: 1981

The Eating Disorders Sourcebook; A Comprehensive Guide to The Causes, Treatment
and Prevention of Eating Disorders: Carolyn Costin

The Owl Was a Baker's Daughter: Marion Woodman

Think Before You Eat: 1987

Transferring Obsessions: 1986.

When Hunger Stands For Love: Geneen Roth