

Region 5 Committee

Intergroup Everything

Purpose: To Support Intergroups in Region 5 and continue to help the still suffering compulsive overeater

Goals:

- Increase the number of intergroups participating in Region 5
 - o Obtain contact information for missing IG's and contact them
 - Identify IG's that are strong and willing to mentor smaller and/or struggling IG's
 - Develop regular and ongoing "Chat with Chairs"
 - Continue to support Intergroup Renewal Project
- Create and Support a Welcoming Environment for intergroups and reps

Actions/Decisions taken

1. Made decision to not meet monthly but to use email.
2. "Chat with the Chairs" project to be continued by Intergroup Chairs
3. Purchase Region 5 bags for representatives. In the bag will be:
 - a. Existing "R5 Assembly Information for Reps & Visitors"
 - b. New welcome letter, assembly info material
 - c. Possibly offer to each a FREE printed copy of Packet A&B with binder.
4. Suggested to the R5 Board that a process for assigning mentors to green dots during the assembly registration be created by:
 - a. Updating the registration form to ask returning members if they would like to mentor a green dot
 - b. Updating the registration form to ask new reps if they would like to be assigned a mentor
 - c. Pairing mentors with mentees and contacting them with mutual contact information

5. Develop Procedure for Welcoming New Assembly Attendees

We determined that the procedure has already been set up to welcome new comers. Susan will contact Barb to offer our services if needed prior to or during Assembly.

6. Develop Procedure for Welcoming New Intergroups

The Board has a procedure in place to welcome the new Intergroups. Nothing more is needed from us in this area.