

OA Workshops and Activities in the Cape Cod Area SURVEY – FALL 2025

Thank you for participating in our Cape Cod OA Intergroup Survey, which will take about 5-10 minutes of your time. This survey focuses on your interest in OA activities that our Intergroup could help organize in the future.

We highly value the information you will provide, but please feel free to skip any questions you would prefer not to answer. The results of this survey will be used to help shape Cape Cod OA Intergroup programming for next year.

Your input is anonymous – this survey does not ask for your identity, and we will only use the data we collect in aggregate (grouped together) form.

Please return this survey to your intergroup rep, or to:

Tasleem Padamsee
1366 Darcann Drive
Columbus, OH 43220

First, we'd like to hear your thoughts about OA workshops and activities.

1. Have you ever attended an OA retreat or workshop?

- ☐ Yes, once
- ☐ Yes, more than once
- ☐ Yes, many times
- ☐ No

2. Would you be interested in attending OA retreats or workshops in the future?

- Yes, very interested
- I might be interested, depending on the topic and/or timing
- Probably not

3. What topics/themes would you be interested in hearing about at an OA retreat or workshop (CHECK ALL THAT APPLY)?

- ☐ Relapse and recovery
- ☐ Achieving abstinence
- ☐ OA 12 Steps
- ☐ OA 12 Traditions
- ☐ Sponsorship
- ☐ Young people
- ☐ Older adults
- ☐ Beginning in OA
- ☐ Long-timers in OA
- ☐ Anorexia and bulimia
- ☐ >100 pounds overweight
- ☐ Sustaining long-term recovery
- ☐ Nurturing a relationship with a higher power
- ☐ Meditation
- ☐ Developing a daily action plan
- ☐ Living the steps
- ☐ Body image
- ☐ Specific groups (diversity) in OA

Which groups are you most interested in:

- ☐ Have another idea? Write it here: _____

4. What mode of OA retreat or workshop do you prefer?

- ☐ In person
- ☐ Virtual
- ☐ Hybrid (open to both in-person and online attendance)
- ☐ Doesn't matter

5. What length of OA retreat or workshop would you be open to attending (CHECK ALL THAT APPLY)?

- ☐ 90 minutes – 2 hours
- ☐ Half day (3-4 hours)
- ☐ Full day (6-8 hours)
- ☐ Full weekend (2-3 days)
- ☐ Doesn't matter

6. Do you feel up to date about activities happening within our Cape Cod OA Intergroup and Region (CHECK ALL THAT APPLY)?

- ☐ Yes – I hear useful information from announcements in meetings
- ☐ Yes – I receive the Keynotes via email
- ☐ Yes – I get my information some other way
- ☐ I would like to know more
- ☐ I know as much as I would like to

7. What other thoughts or suggestions would you like to share about OA workshops and/or retreats?

If you would like to share, the Intergroup would also like to hear your perspective on the following two questions. This information could help us design programs that will be useful to our membership.

8. What has been most helpful for you in your OA program?
9. What kinds of challenges do you feel may be holding you back in your OA program?
10. Would you like to be contacted about helping to plan an OA workshop or retreat?
- ☐ Yes ☐ No
11. Would you like to be contacted about doing any other kind of service in OA?
- ☐ Yes ☐ No
12. If you said “Yes” to #10 or #11 above, please share your first name, phone number, and/or email address so that a member of the Cape Cod OA Intergroup can contact you.

Thank you very much for participating in this survey! Please return it to the collection box at your event, to your OA Intergroup Representative, or to the address listed on page 1.