

List of All Remote Emotions Anonymous Meetings

(Updated October 23rd, 2024)

NOTE from EA Staff: Hello EA Newcomers and existing EA Members!

As of January 10th, 2024, we have updated the format of this Google Doc.

- It is still *a continuous work-in-progress*, but we hope that it is easier to read, understand, and find the meetings you're looking for than in the previous version.
 - One of the main changes we've made is that **all of the meeting times have been converted to Central Time.**
 - This way you won't have to jump back and forth between, for example, converting meeting times from Eastern and Mountain times into your Pacific time zone.
 - 1) Going forward, **if you live in Pacific Time**, you will subtract two hours from the Central Time listed.
 - For example, 12:00 PM (Noon) Central Time will become 10:00 AM Pacific Time.
 - 2) **If you live in Mountain Time**, you will subtract one hour from the Central Time listed.
 - For example, 12:00 PM (Noon) Central Time will become 11:00 AM Mountain Time.
 - 3) **If you live in Central Time**, you do not need to convert the meeting time listed :)
 - 4) **If you live in Eastern Time**, you will add one hour to the Central Time listed.
 - For example, 12:00 PM (Noon) Central Time will become 1:00 PM Eastern Time.
 - 5) **If you live in Atlantic Time**, you will add two hours to the Central Time listed.
 - For example, 12:00 PM (Noon) Central Time will become 2:00 PM Atlantic Time.
 - In the near future, we will be adding some more helpful information/instructions about joining remote meetings to the beginning of this document.
 - **Thank you for reading! :) We appreciate your patience as we fine-tune this document going forward.**

- EA Staff
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2nd NOTE from EA Staff: Hello EA Newcomers and existing EA Members!

As of March 20th, 2024, we have **added some information below that we hope is helpful to you when joining a remote EA meeting.**

- **When joining a remote EA meeting, we recommend having a copy available of the two-page EA “Yellow Pamphlet”.**
 - This is EA's MAIN piece of literature, that is typically read aloud from at the beginning of each EA meeting.
 - This pamphlet includes all the main facets of the EA program - the twelve "Helpful Concepts," "Just For Today's," "Slogans," "Traditions," "Steps," and "Promises."
 - You can find a **free PDF version of the two-page “Yellow Pamphlet”** [here](#).
 - If you would like to print out the PDF and fold it into a three-fold pamphlet, you will want to print it out double-sided, where it flips on the short edge of the paper. Then fold into vertical thirds, and you're ready to go!

- If you would like to check out some of **EA's other free literature**, you can view what's available [here](#).
 - In the list of files at the link, items with a star * before their name are part of EA's seven-pamphlet "Newcomer Welcome Kit."
 - **If you are a newcomer to EA**, it'll be most helpful to read these particular pamphlets :)
 - They are not required reading, but will help answer the most common newcomer questions and will orient you to the basics of the EA 12-Step program.

Instructions for Joining a Zoom EA Meeting Over a Phone Call

(Without needing internet access or a data plan)

Most EA meetings held over Zoom are *ALSO available to join as a standard phone call*, with no internet access or data plan needed. This phone call can be made from a cell phone or a landline phone.

- The only time that this is not available as an option is if the particular meeting listing says that the group requires or strongly recommends members to have their video on.

In order to join a Zoom EA meeting by phone call, **you will need to have two or three numbers for the individual meeting** that you would like to join.

1) **If you are in the United States, the first phone number you will need is +1 (312) 626-6799.** This is the first phone number that you will dial on your phone just before the meeting begins.

- It is a toll-free number, so you should not be charged long-distance rates for the phone call.
- The individual meeting listing may have a different phone number listed, but either one will work.
- This phone number calls into the Zoom system. You will call this same phone number for all future Zoom phone meetings that you would like to join.
- **If you are outside the United States**, you will want to find your country on the Zoom list [here](#). Then use one of the phone numbers listed for your country. Any of the numbers will work, and you can call this same phone number for all future Zoom phone meetings that you would like to join.
 - You should not be charged for a long-distance phone call because all of the numbers are toll-free, with the exception of El Salvador.

2) **The second number that you will need is the Zoom Meeting ID number**, which is an 11-digit number, for example “893 8791 8915.” This number will be listed under each individual EA meeting listing, and is different for each meeting.

- After you dial the first phone number to connect to the Zoom system, you will then be prompted by voice to enter your Zoom Meeting ID number.
- Enter this number on your phone’s keypad. Zoom will also have you enter the pound symbol (#) after the ID number.

3) Lastly, **the third number that you may need is the individual meeting’s Phone Access Code.** Not all groups set up a Phone Access Code, so it may not be needed for your particular meeting.

- If a Phone Access Code is not listed under the meeting listing, it is likely not needed, or it may be the same as the Zoom Online Passcode.
- If prompted, enter the code on your phone’s keypad. Zoom will also have you enter the pound symbol (#) after the code.

After those three steps, you should be let into your EA phone meeting!

We hope that these instructions will help make Zoom EA meetings more accessible to EA members who do not have access to smartphones or tablets, large data plans, home computers, and/or home internet.

Thank you for reading!

- EA Staff
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Links to join any Zoom meeting online:

- <https://app.zoom.us/join>
 - (Will open the meeting in your downloaded Zoom app)
 - <https://app.zoom.us/wc/join>
 - (Will open the meeting in your internet browser, no app needed to be downloaded)
 - You will need to enter the 11-digit Zoom Meeting ID number for your chosen EA meeting. If a passcode has been required by the group, you will need to enter that as well.
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Instructions for How to Easily Search This Document

This is a very long document, so **if you would like to search the document** for specific terms or words, you can:

- 1) Use your computer's keyboard to **press the "Control" (Ctrl) button and the letter "F" button** at the same time.
 - This will open a search bar in the upper right-hand corner of the screen which says "Find in document".
 - 2) You can then type in any search term you want, such as the first name of a group contact person, the name of a group, day of the week, etc.
 - 3) Hit the "Enter" button on your keyboard to complete the search.
- **NOTE:** This process will be slightly different if you are viewing the Google Doc using a web browser on a smartphone or tablet, or if you are using the Google Docs app on those devices.
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Daily EA Meetings:

1) Daily, Monday-Sunday, at 5:30 AM Central Time / 6:30 AM Eastern Time

- **Group Name:** “Step 11 Daily Meditation”
- **Special Interest:** EA’s Step 11
- **Remote Program:** Zoom
- **Video Component:** Optional
- The group requires that you introduce yourself with your first name and have that name as the name displayed on the screen.
- **Link:**
<https://us02web.zoom.us/j/89387918915?pwd=WE5rK2UreGQ2b1lsMjhGUXBKTU5qdz09>
- **Zoom Meeting ID:** 893 8791 8915
 - **Online Passcode:** 56304
- **Phone Number:** +1 309-205-3325
 - **Phone Access Code:** 56304#
- **Find your local phone number here:** <https://us02web.zoom.us/u/kbUTcBctB>
- **Main Group Contact:** Rachel K. at rachelkb123@gmail.com
- **Second Group Contact:** Niesa N. at nspn.nn@gmail.com

2) Daily, Monday-Sunday, at 8:30 AM Central Time / 9:30 AM Eastern Time

- **Group Name:** “The Next Frontier”
 - **Remote Program:** FreeConferenceCall
 - These meetings only have an audio component.
 - **Phone Number:** +1 339-209-6307
 - **Phone Access Code:** Not Required
 - **Group’s Contact:** Robin C. at +1 917-533-5691 (Texting is okay) and rbsmc924@gmail.com
 - **NOTE: This group’s contact person was updated on 3/27/24**
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Weekday (Monday-Friday) EA Meetings:

1) **Weekdays**, Monday-Friday, at 11:00 AM Central Time / 12:00 PM (Noon) Eastern Time

- **Group Name:** Overcoming Our Emotions
- **Type of Group:** Remote
- **Based In:** Bronx, New York
- **Language:** English
- **Remote Program:** Zoom
- **Video Component:** Required
- **NOTE:** Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting ID number.
- **Group's Contact:** Jason F at fieldsjason504@gmail.com & +1 929-448-6381 (Okay to Text)

2) **Weekdays**, Monday-Friday, at 3:30 PM Central Time / 4:30 PM Eastern Time

- **Group Name:** "Share Everything and Anything" (Based in Athens, Georgia)
 - **Type of Group:** Hybrid - Remote & Face-to-Face
 - **Language:** English, عربي (Arabian) [Arabic], हिंदी (Hindee) [Hindi], اردو (Urdu)
 - **Special Interest:** Multilingual & Diverse Group, Anger, Anxiety/Worry, Panic Disorders, Family Issues & Relationship Trauma
 - **Remote Program:** Zoom
 - **Video Component:** Required
 - This is a multilingual EA group. The meeting is hybrid; accessible locally in-person as well as online through Zoom.
 - This group has an emphasis on an "in this together" attitude. The group contact is also available for one-on-one sponsorship.
 - **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
 - **Group's Contact:** Insha S. at shaikhkerriinsha@gmail.com & +1 828-384-1916 (Ok to Text)
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Monday EA Meetings:

1) Mondays at 12:00 PM (Noon) Central Time / 10:00 AM Pacific Time

- **Group Name:** "Bend, Oregon EA" (Based in Bend, Oregon)
- **Remote Program:** Zoom
- **Video Component:** Optional
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** David K. at eabendor@gmail.com & +1 954-562-8487

2) Mondays at 12:00 PM (Noon) Central Time

- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:**
<https://us02web.zoom.us/j/82698636026?pwd=L3RCcnY3ZmdvSUhGeE1sMVI4Skpadz09>
- **Zoom Meeting ID:** 826 9863 6026
 - **Online Passcode:** 835365
- **Group's Contact:** Shawna F. at dakotae966@gmail.com & +1 701-552-1083

3) Mondays from 1:15 PM - 1:45 PM Central Time

- **Group Name:** "Just For Today - Mini EA Meetings" (Based in Mesquite, Texas)
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.
- *The group may decide to start meeting face-to-face in Mesquite, TX USA.*
- **Phone Number:** +1-978-990-5065
 - **Phone Access Code:** 391049#
- **Group's Contact:** Mary Alice R. at marichwit@gmail.com & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

4) Mondays at 1:30 PM Central Time / 12:30 PM Mountain Time

- **Group Name:** “Calgary EA Newcomers” (Based in Calgary, Alberta, Canada)
 - **Special Interest:** Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may start meeting face-to-face.*
- The meeting has a newcomer focus, but ALL EA members are welcome!
- This group does not allow observation for academic reasons.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group’s Contact:** Karen W. at eanewcomerscalgary@gmail.com

5) **Mondays from 4:30 PM - 5:30 PM Central Time / 5:30 - 6:30 PM Eastern Time**

- **Based in:** Fall River, Massachusetts
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Zoom Meeting ID:** 872 8643 1564
 - **Online Passcode:** Not Required
- **Group’s Main Contact:** John G. at johnthegman59@gmail.com & +1 401-419-1758
- **Group’s Second Contact:** Thomas R. at +1 508-567-5086

6) **Mondays at 4:40 PM Central Time**

- **Remote Program:** Phone Call
- This meeting only has an audio component.
- **Phone Number:** +1 978-990-5033
 - **Phone Access Code:** 3540536#
- **Group’s Contact:** Scott J. at lidablue2@gmail.com & +1 507-276-0323

7) **Mondays at 5:10 PM Central Time**

- **Remote Program:** Phone Call
- This meeting only has an audio component.
- **Phone Number:** +1 605-313-4162
 - **Phone Access Code:** 181510#
- **Group’s Contact:** Scott J. at lidablue2@gmail.com & +1 507-276-0323

8) **Mondays at 5:45 PM - 7:30 PM Central Time / 6:45 PM - 8:30 PM Eastern Time**

- **Group Name:** “Balance and Harmony Group” (Based in Perth, Ontario, Canada)
- **Remote Program:** Zoom

- **Video Component:** Required
- **Zoom Link:**
<https://us06web.zoom.us/j/86565355069?pwd=TFRPSjJPVUptRmFmckdDN3pDbkFOZz09>
- **Meeting ID:** 865 6535 5069
- **Passcode:** Harmony4ME
- **Find your local Zoom number:** <https://us06web.zoom.us/u/keAfcgdr45>
- **Group's Contact:** Roy V. at 1-613-267-0828 (Texting is okay) and emotionsunae@gmail.com
- **Group's Second Contact:** April S. at 1-613-390-0393 (Texting is okay) and smithals4@outlook.com

9) **Mondays at 6:00 PM Central Time**

- **Group Name:** "Emotions Anonymous of Clinton County" (Based in Clinton County, Illinois)
- **Type of Group:** Hybrid
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Language:** English and Spanish
- **Special Interest:** Everyone Recovers
- **NOTE:** This is a NEW group that began meeting on January 1st, 2024. This group also has their own Facebook page -- please reach out to a contact person for the link.
- **Zoom Meeting ID:** 858 7822 4735
 - **Online Passcode:** CCEA1234
 - **Zoom Meeting Link:**
<https://us06web.zoom.us/j/85878224735?pwd=g5fH1DJ4b7FcdJ6RGsXhJJPhc7Ewoh.1/>>
- **Group's Main Contact:** David J. at clintoncountyea@gmail.com & +1 618-218-7960 (Texting is okay)
- **Group's Second Contact:** Nellie B. at nelliebaity@gmail.com and +1 618-335-0840 (Texting is okay)

10) **Mondays and Fridays at 6:00 PM Central Time**

- **Group Name:** "Norman/Central Oklahoma Serenity Group" (Based in Norman, Oklahoma)
- **Special Interest:** Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- *The group may decide to resume meeting in-person in the future.*
- The group also meets on **Fridays** at the same time using the same information.

- **Phone Number:** +1 775-799-9023
 - **Phone Access Code:** Not Required
- **Group's Main Contact:** Alice P. at als1pal@aol.com & +1 405-473-7680 (texting is okay)

11) **Mondays at 6:00 PM Central Time / 7:00 PM Eastern Time**

- **Based in:** Salem, Ohio
- **Remote Program:** Google Meet
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Jeff P. at jjp32059@gmail.com & +1 234-320-2570

12) **Mondays at 6:00 PM Central Time / 7:00 PM Eastern Time**

- **Group Name:** "Metro Atlanta, Georgia EA Group" (Based in Atlanta, Georgia)
- **Remote Program:** Zoom
- **Video Component:** Optional
- **NOTE:** This group's Zoom meeting details were updated on January 22nd, 2024. This group meets remotely by phone and online through Zoom.
- **Zoom Meeting ID:** 837 3547 7942
 - **Online Passcode:** 369464
- **Phone Number:** +1 929-205-6099
 - **Phone Access Code:** 369464#
- **Group's Contact:** Dede Y. at pastordede30@gmail.com & +1 770-716-7651

13) **Mondays (Lunes) and Thursdays (Jueves) at 6:00 PM - 7:30 PM Central Time / 8:00 PM - 9:30 PM Atlantic Time**

- **Nombre del grupo:** "Grupo Emociones"
- **Idioma:** Spanish / Español
- **Programa remoto:** Zoom
- **Componente de video:** opcional
- **Identificación de la reunión de Zoom:** 952 815 6538
 - **Código de acceso en línea:** 943010
- **Contacto principal del grupo:** Lizzy R. al +1 787-632-4921
- **Segundo contacto del grupo:** Jilda R. al +1 787-203-2693 (Está bien enviar mensajes de texto)

14) **Mondays at 7:00 PM Central Time**

- **Group Name:** “Recovery Is Real”
- **Method:** Follows the standard EA group format.
- **Remote Program:** Zoom
- **Video Component:** Required
- **Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.**
- The group reads from EA materials and discusses what was read.
- **Group’s Main Contact:** Leah Ann V. at tttb2017@yahoo.com and +1 979-412-5035 (Okay to text)
- **Group’s Second Contact:** Donna S. at aggiesmith@aol.com and +1 979-777-9622 (Okay to text)

15) **Mondays at 6:30 PM Central Time / 7:30 PM Eastern Time**

- **Based in:** Brooklyn, New York City, New York
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Link:**
<https://us02web.zoom.us/j/85761791601?pwd=UTdhQnd6Vjh6VW9EeDlZVEw3R0hjdz09>
- **Zoom Meeting ID:** 857 6179 1601
 - **Online Password:** EA732
- **Phone Number:** +1 646-931-3860
 - **Phone Access Code:** 296974#
- **Find your local phone number:** <https://us02web.zoom.us/u/kszWVRDK9>
- **Group’s Contact:** Brian W. at eabrooklyn@gmail.com & +1 718-663-1469

16) **Mondays at 6:30 PM Central Time / 7:30 PM Eastern Time**

- **Group Name:** “Ann Arbor, Michigan Emotions Anonymous” (Based in Ann Arbor, Michigan)
- **Remote Program:** FreeConferenceCall (FCC)
- **Video Component:** Optional
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 2 hours before the meeting starts for the meeting details.**
- **Group’s Contact:** Kathryn S. at annarboremotionsanonymous@gmail.com & +1 734-926-8667 (Ok to Text)

17) **Mondays at 6:30 PM Central Time / 7:30 PM Eastern Time**

- **Based in:** Vienna, Virginia

- **Remote Program:** Zoom
- **Video Component:** Optional
- *The group may resume meeting face-to-face.*
- **Link:** <https://us02web.zoom.us/j/74972189018>
- **Zoom Meeting ID:** 749 7218 9018
 - **Online Passcode:** 625845
- **Phone Number:** +1 312-626-6799
 - **Phone Access Code:** 74972189018#
- **Find your local phone number:** <https://us02web.zoom.us/u/kbSutfHTBo>
- **Group's Contact:** Scherrone D. at scherrone1@verizon.net & +1 703-522-7862

18) **Mondays from 6:30 PM - 7:30 PM Central Time / 7:30 PM - 8:30 PM Eastern Time**

- **Based in:** Toronto, Ontario, Canada
- **Video Component:** Optional
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 24-48 hours before the meeting starts to be added to the group's WhatsApp group.**
- The meeting is announced each Monday through the group's WhatsApp. The meeting is held through private software.
- **Group's Contact:** Claudia A. at +1 416-778-0302 (Ok to Text)

19) **Mondays at 7:00 PM Central Time**

- **Group Name:** "Abundant Life EA Group"
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:** <https://zoom.us/j/94610092527?pwd=SUFAeGhLR0FLS3o3UUViWZVE0VUZhZz09>
- **Zoom Meeting ID:** 946 1009 2527
 - **Online Passcode:** 247365
- **Group's Contact:** Kelsey W. at knlweez@gmail.com & +1 618-334-6658

20) **Mondays at 7:30 PM - 8:30 PM Central Time / 5:30 PM - 6:30 PM Pacific Time**

- **Based in:** Los Angeles, California
- **Group Name:** "EA LA SHARE" Group
- **Remote Program:** Zoom
- **Video Component:** Optional
- *The group may resume meeting in-person in the future.*
- **Link:** <https://us02web.zoom.us/j/87571273675?pwd=ODREQ2hHZDFheWo0ME5hMUFLN0hoZz09>
- **Zoom Meeting ID:** 875 7127 3675

- **Online Password:** sharelove
- **Group's Contact:** Brent P. at brent.popham@yahoo.com & +1 310-871-7876

21) **Mondays from 7:30 PM - 8:30 PM Central Time**

- **Based in:** Austin, Texas
- **Remote Program:** Zoom
- **Video Component:** Optional
- *The group may resume meeting face-to-face.*
- ***If you would like to join remotely by phone please contact the group at least 24-48 hours before the meeting starts to get the phone access information.***
- ***The group asks that new members join 10 minutes prior to the meeting start time at 7:20 PM to get acclimated with how the group operates.***
- **Zoom Meeting ID:** 891 2710 0888
 - **Online Passcode:** 385513
- **Group's Main Contact:** Carol H. at jeunef@grandecom.net
- **Group's Second Contact:** Elizabeth at +1 512-320-8623

22) **Mondays from 9:30 PM - 10:30 PM Central Time / 7:30 PM - 8:30 PM Pacific Time**

- **Group Name:** "Riverside EA" (Based in Riverside, California)
- **Remote Program:** FreeConferenceCall (FCC)
- **Video Component:** Not Applicable
- This meeting only has an audio component.
- **Phone Number:** +1 425-436-6391
 - **Phone Access Code:** 215353#
- **Group's Contact:** Fred F. at oldpilot62@gmail.com & +1 909-384-2935

23) **Mondays from 7:30 PM - 8:30 PM UK Time**

- **Group Name:** "Nottingham Step Meeting Online" (Based in Nottingham, England, United Kingdom)
- **Remote Program:** Zoom
- **Zoom Meeting ID:** 525 442 2635
 - **Online Passcode:** 279962
- **Group's Contact:** Terron at tevertson@att.net and +1 512 568-6991 (Text for meeting info)
- **NOTE:** Please check <https://www.emotionsanonymous.org.uk/find-a-meeting> for the most current information.

24) **Mondays at 6:30 PM Western European Time (Segunda-feira 18:30 Hora da Europa Ocidental)**

- **Group Name:** “Caminhar em Esperança”
 - **Linguagem:** Portuguese (Português)
 - **Programa Remoto:** Skype
 - **Componente virtual:** obrigatório
 - Esta reunião tem uma componente de áudio e/ou vídeo.
 - **Entre em contato com o grupo para obter detalhes da reunião pelo menos 24 a 48 horas antes da reunião.**
 - **Contato Principal do Grupo:** Sérgio F. a emocionais.a.lisboa@gmail.com & +351 966912091 (OK para o texto)
 - **Segundo Contato do Grupo:** Lídia L. a emocionais.a.lisboa@gmail.com & +351 964375499 (OK para o texto)
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Tuesday EA Meetings:

1) Tuesdays from 12:00 PM (Noon) - 1:30 PM Central Time / 10:00 AM - 11:30 AM Pacific Time

- **Based in:** Ukiah, California
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Link:**
<http://us02web.zoom.us/j/2299716767?pwd=UDJWMIBoYnpqNWExaDN0cUk4eS9OUT09//>
- **Zoom Meeting ID:** 229 971 6767
 - **Online Passcode:** 779586
- **Phone Number:** +1 669-900-6833
 - **Phone Access Code:** 779586#
- **Find your local phone number:** <https://us02web.zoom.us/j/kdHnS7OmrT>
- **Group's Contact:** Eula B. at +1 707-463-3911

2) Tuesdays from 12:00 PM (Noon) - 1:30 PM Central Time / 1:00 PM-2:30 PM Eastern Time

- **Based in:** Virginia Beach, Virginia
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:** <https://us06web.zoom.us/j/81378126600>
- **Zoom Meeting ID:** 813 7812 6600
 - **Online Password:** Not Required
- **Phone Number:** +1 305-224-1968
 - **Phone Access Code:** 81378126600#
- **Group's Contact:** Karen G. at kimgratton@gmail.com & +1 948-400-7147 (Ok to Text)
- **Group's Second Contact:** Jerry R. at jerry212@gmail.com

3) Tuesdays from 1:15 PM - 1:45 PM Central Time

- **Group Name:** "Just For Today - Mini EA Meetings" (Based in Mesquite, Texas)
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM Central Time.
- *The group may decide to start meeting face-to-face in Mesquite, TX USA.*

- **Phone Number:** +1-978-990-5065
 - **Phone Access Code:** 391049#
- **Group's Contact:** Mary Alice R. at marichwit@gmail.com & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

4) **Tuesdays** from 5:00 PM - 6:00 PM Central Time / 6:00 PM - 7:00 PM Eastern Time

- **Group Name:** "GenZtory"
- **This group starts meeting on August 29, 2023.**
- **Method:** *Specialized Group* (Does NOT Follow EAI's Meeting Format)
- **Special Interest:** Young Adults
- **Remote Program:** Zoom
- **Video Component:** Optional
- **This meeting is for female and male EA members that are young adults.**
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Main Contact:** Synthia L. at synthialouis@gmail.com & +1 703-554-9279 (Ok to Text)
- **Group's Second Contact:** Nazareign W. at nazhopewilliams@gmail.com & +1 571-578-1660

5) **Tuesdays** and **Fridays** at 5:30 PM Central Time / 6:30 PM Eastern Time

- **Remote Program:** Zoom
- **Based In:** Decatur/Atlanta, Georgia
- **Link:** <https://us04web.zoom.us/j/5394705128>
- **Zoom Meeting ID:** 539 470 5128
 - No online password needed.
 - Video preferred, but not required.
- **Phone Number:** +1 312-626-6799
 - **Phone Access Code:** 5394705128#
- **Group's Contact:** Cliff E. at cliffedge@att.net & +1 404-403-4353

6) **Tuesdays** at 5:30 PM Central Time / 6:30 PM Eastern Time

- **Remote Program:** FreeConferenceCall
- **Video Component:** Not Applicable
- This meeting only has an audio component.
- **Please contact the group before 6:00 PM Eastern Time on Tuesdays for the meeting details.**
- **Group's Contact:** Paul N. at aibtikarfoundation@gmail.com & +1 929-399-6515

7) **Tuesdays at 6:00 PM Central Time**

- **Based in:** Milwaukee, Wisconsin
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- ***As possible, please contact the group at least 24-48 hours before the meeting starts for the meeting details.***
- **Group's Contact:** Jeani at +1 414-254-1997 (Texting is okay), and jeaniflute@gmail.com

8) **Tuesdays at 6:00 PM Central Time / 7:00 PM Eastern Time**

- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- The remote space will open at 6:30 PM, ET for casual conversation.
- ***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***
- **Group's Contact:** Rosemary H. at +1 586-943-7629 (Ok to Text)
- **Group's Second Contact:** Dwight H. at +1 586-776-3886 (Ok to Text)

9) **Tuesdays at 6:00 PM Central Time / 7:00 PM Eastern Time**

- **Based in:** Niagara Falls, Ontario, Canada
- **Program:** Zoom
- ***NOTE: Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.***
- **Group's Contact:** Melissa E. at missisc2@hotmail.com

10) **Tuesdays at 6:00 PM Central Time / 7:00 PM Eastern Standard Time**

- **Group Name:** "EA Work IT"
- **Method:** ***Specialized Group*** (*Does NOT Follow EAI's Meeting Format*)
- **Special Interests:** Introduction to the 12 Steps
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- This group alternates between three different series of meetings:
 - 1) An **EA-HOW DOES IT WORK? (Beginner/Refresher, offered once a year)** Series
 - During this series, the group uses the Emotions Anonymous "Blue Book" to study the basics/foundations of EA.
 - The next EA-HOW DOES IT WORK Series will begin in 2025. Date to be determined.

2) **REFLECTIONS ON THE STEPS (Beginner/Intermediate) Series**

- During this series, the group reflects on the 12 Steps using the Emotions Anonymous "Blue Book." Members take turns reading passages on a step, then sharing and reflecting on the step readings.
- As of September 2024, this is the series that is currently having meetings.

3) **A WORKING THE STEPS (Advanced) Series**

- During this series, the group uses EA's "12 By 12" Workbook (Item #12) and includes a 15-minute writing session.
- **The first meeting of this series will be on Tuesday, November 5th, 2024 at 6:00 PM Central Time / 7:00 PM Eastern Time.**

- All are welcome to participate at any time in any series. For those who wish to start at the beginning of the series, the dates will be posted here.
- The group can also add you to their reminder email list if you would like a weekly reminder for the Tuesday EA meetings or series start dates. Please let the group know through email or text.
- This meeting uses a PowerPoint presentation. We will take turns reading the slides. No additional materials are needed.
- **Purchasing the books is optional, but highly recommended.** You can purchase the books [here](https://emotionsanonymous.org/eai-literature/online-store.html) (https://emotionsanonymous.org/eai-literature/online-store.html) or by contacting the EA office at +1 651-647-9712.

- **Group's Email:** eaworkit2021@gmail.com
- **Zoom Meeting Link:**
<https://us02web.zoom.us/j/81825877847?pwd=ci9aY1hFQ0FaUnV1dm9QZ2tJSEs4Zz09>
- **Zoom Meeting ID:** 818 2587 7847
 - **Online Password:** workit
- **Group's Email:** eaworkit2021@gmail.com
- **Group's Main Contact:** Ninfa L. at +1 607-273-3876 **(Text Only)**
- **Group's Second Contact:** Matthew S. at +1 607-279-0128 **(Text Only)**

11) **Tuesdays at 7:00 PM Central Time**

- **Group Name:** "EA Kansas City Metro" (Based in Kansas City Metro, Missouri/Kansas)
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Zoom Meeting ID:** 822 7071 1933
 - **Online Passcode:** ea
- **Group's Contact:** Ann-Marie K. at +1 785-797-4084 (Okay to Text), Email: annmarieanonymous@gmail.com.
- **NOTE:** If reaching out to the group contact Ann-Marie by phone call, please leave a voicemail -- She's having problems with spam robocalls! Thank you!

12) **Tuesdays at 7:00 PM Central Time**

- **Group Name:** "EA Abilene" (Based in Abilene, Texas)
- **Remote Program:** Facebook Messenger
- **Video Component:** Not Applicable
- This meeting does not have an audio or video component.
- *The group may resume meeting face-to-face.*
- **Link:** <https://www.facebook.com/>
- To access the meeting please search ea.abilenetx@gmail.com or EA Abilene on Facebook to "friend" the group or simply direct message EA Abilene.
- **Group's Main Contact:** Jess L. at ea.abilenetx@gmail.com & +1 325-668-0274 (Ok to Text)
- **Group's Second Contact:** Brenda C. at brencinna@yahoo.com & +1 325-307-8569

13) **Tuesdays from 7:15 PM - 8:30 PM Central Time**

- **Group Name:** "Apple Valley Chapter" (Based in Burnsville/Apple Valley, Minnesota)
- **Remote Program:** Zoom
- **Zoom Meeting ID:** 984905917
- **Password:** 044838
- **Meeting Details:** Group Meditation on Zoom from 7:15 PM to 7:30 PM Central Time.
Group Meeting on Zoom from 7:30 PM to 8:30 PM Central Time.
- **Group's Contact:** Kathleen E., kathleene.engel@gmail.com, +1 320-267-2040

14) **Tuesdays at 7:00 PM Central Time / 5:00 PM Pacific Time**

- **Remote Program:** Zoom
- **Video Component:** Optional
- There is another meeting at 8 PM Pacific Time with the same remote access information.
- **Link:** <https://us04web.zoom.us/j/7586320810>
- **Zoom Meeting ID:** 758 632 0810
 - **Online Password:** EAgles
- **Phone Number:** +1 346-248-7799
 - **Phone Access Code:** 7586320810#
 - **Phone Passcode:** 215791#
- **Find your local phone number:** <https://us04web.zoom.us/j/7586320810>
- **Group's Contact:** Michael J. at mjohnson3@cox.net & +1 760-644-8366

15) **Tuesdays at 8:00 PM Central Time**

- **Group Name:** "Always Hope" (Based in Houston, Texas)
- **Remote Program:** Zoom

- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Please email the group with your first name and email address to where the meeting details should be sent at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Becky I. at houstoneaintergroup@gmail.com & +1 832-902-4736

16) **Tuesdays** at 8:30 PM Central Time / 6:30 PM Pacific Time

- **Group Name:** "Discuss the Solution"
- **Based In:** Sacramento, CA
- **Special Interest:** Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Barbara M.-C. at bmayclark@gmail.com & +1 916-743-8134

17) **Tuesdays** and **Thursdays** from 9:00 PM - 10:00 PM Central Time / 7:00 PM-8:00 PM Pacific Time

- **Group Name:** "The Path to Serenity" Group
- **Remote Program:** Google Meet
- **Video Component:** Required
- **Link:** <https://meet.google.com/bhg-yvzk-msi>
- **Group's Contact:** Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067 (Okay to Text)
- **Group's Second Contact:** Keely P. at keelyparrish2@gmail.com & +1 (810)308-6056 (Okay to text)

18) **Tuesdays** at 10:00 PM Central Time / 8:00 PM Pacific Time

- **Remote Program:** Zoom
- **Video Component:** Optional
- There is another meeting at 5:00 PM Pacific Time with the same information.
- **Link:** <https://us04web.zoom.us/j/7586320810>
- **Zoom Meeting ID:** 758 632 0810
 - **Online Password:** EAgles
- **Phone Number:** +1 346-248-7799
 - **Phone Access Code:** 7586320810#
 - **Phone Passcode:** 215791
- **Find your local phone number:** <https://us04web.zoom.us/u/fcKTwYgjjB>
- **Group's Contact:** Michael J. at mjohnson3@cox.net & +1 760-644-8366

19) **Tuesdays and Thursdays from 6:30 PM - 8:00 PM UK Time**

- **Group Name:** Newcastle Online (Based in Newcastle, England, United Kingdom)
- **Remote Program:** Zoom
- **Zoom Meeting ID:** 896 219 0662
- **Group's Contact:** Peter at pefprodev@yahoo.co.uk and 07850-714376
- **NOTE:** Please check <https://www.emotionsanonymous.org.uk/find-a-meeting> for the most current information.

20) **Tuesdays from 8:00 PM-10:00 PM (Terça-feira 20 às 22 horas) Brasilia Time**

- **Idioma:** Português
 - **Programa Remoto:** WhatsApp
 - **Componente de vídeo:** Peça informações ao grupo.
 - *Este grupo pode retomar as reuniões face a face.*
 - **Entre em contato com o grupo pelo menos 24 a 48 horas antes do início da reunião para obter os detalhes da reunião.**
 - **Site do Grupo:** <https://www.facebook.com/emocionaisanonimos.recife>
 - **Contato do Grupo:** Teresa C. em teresacristiane@gmail.com & +55 81992144727
 - **Segundo Contato do Grupo:** Sérgio L. em emocionaisanonimos@gmail.com
-

Wednesday EA Meetings:

1) Wednesdays from 10:00 AM - 11:00 AM Central Time / 11:00 AM - 12:00 PM (Noon) Eastern Time

- **Group Name:** “EA Rhode Island” (Based in Providence, Rhode Island)
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Link:**
<https://us02web.zoom.us/j/85302961525?pwd=dGxJcGZHK0Z3cmI4Z3JDdmE5L1NLZz09>
- **Zoom Meeting ID:** 853 0296 1525
 - **Online Password:** ea11am
- **Phone Number:** +1 646-558-8656
 - **Phone Access Code:** 526339#
- **Find your local phone number:** <https://us02web.zoom.us/u/kzC7PNeS6>
- **Group’s Contact:** John G. at johnthegman59@gmail.com & +1 401-419-1758

2) Wednesdays at 10:30 AM Central Time / 11:30 AM Eastern Time

- **Group Name:** “Emotional Factors and Clutter Addiction”
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group’s Contact:** Mike K. at mikeka61@gmail.com & +1 301-442-9883 (Ok to Text)

3) Wednesdays at 12:00 PM (Noon) Central Time / 10:00 AM Pacific Time

- **Based in:** Bend, Oregon
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group’s Contact:** David K. at eabendor@gmail.com & +1 954-562-8487

4) Wednesdays at 1:00 PM Central Time / 11:00 AM Pacific Time

- **Based in:** Yreka, California
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- The meeting is on the 2nd & 4th Wednesday of the month.
- **Zoom Meeting ID:** 470 602 7634
 - **Online Passcode:** 336600
- **Group's Main Contact:** Leeann C. at +1 530-841-0810
- **Group's Second Contact:** Virginia S. at vschnepp@nvcss.org

5) **Wednesdays** from 1:15 PM - 1:45 PM Central Time

- **Group Name:** "Just For Today - Mini EA Meetings" (Based in Mesquite, Texas)
- This meeting only has an audio component.
- These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.
- *The group may decide to start meeting face-to-face in Mesquite, TX USA.*
- **Phone Number:** +1 978-990-5065
 - **Phone Access Code:** 391049#
- **Group's Main Contact:** Mary Alice R. at marichwit@gmail.com & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

6) **Wednesdays** at 6:00 PM Central Time / 7:00 PM Eastern Time

- **Group Name:** "EA a Place of Healing"
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Tony N. at tonynewman98@yahoo.com & +1 404-453-0194

7) **Wednesdays** at 6:30 PM Central Time / 7:30 PM Eastern Time

- **Group Name:** "Winston-Salem EA" (Based in Winston-Salem, North Carolina)
- **Special Interest:** Open Meeting - Everyone is Welcome (Including Newcomers)!
- **Remote Program:** Jitsi Meet
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Link to Instructions on How to Join:** <http://www.triadea.org/>
- **Group's Contact:** Liz G. at jama7378@gmail.com & +1 336-283-1758

8) **Wednesdays** at 7:00 PM Central Time / 8:00 PM Eastern Time

- **Group Name:** “Sanctuary For All”
- **Remote Program:** Zoom
- **Link:**
<https://us05web.zoom.us/j/6064810721?pwd=RGICcWtPc0xiK05CMXl1UINMUHlRQT09>
- **Zoom Meeting ID:** 606 481 0721
 - **Online Password:** metime2021
- **Group’s Contact:** Caro W. at sanctuarynyc2021@gmail.com

9) **Wednesdays at 7:00 PM Central Time**

- **Group Name:** “Recovery is Real” (Based in Hearne, Texas)
- **Type of Group:** Hybrid - Remote & In-Person
- **Remote Program:** Zoom
- **Video Component:** Preferred, but not required.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group’s Contact:** Leah Ann V. at ttttb2017@yahoo.com & +1 979-412-5035 (Okay to Text)
- **Group’s Second Contact:** Donna S. at aggiesmith@aol.com and +1 979-777-9622 (Okay to text)

10) **Wednesdays at 7:00 PM Central Time / 8:00 PM Eastern Time**

- **Method:** Specialized Group (*Does NOT Follow EAI’s Meeting Format*)
- **Special Interest:** #83 Workbook Study Group
- **Remote Program:** Zoom
- **Video Component:** Preferred - Not Required
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group’s Contact:** Mike K. at mikeka61@gmail.com & +1 301-442-9883

11) **Wednesdays from 8:00 PM - 9:00 PM Central Time / 9:00 PM - 10:00 PM Eastern Time**

- **Method:** Specialized Group (*Does NOT Follow EAI’s Meeting Format*)
- **Remote Program:** Zoom
- **Video Component:** Optional
- *The group will read an EA step per week. Please contact the group to find out what step they will be reading.*
- **Please contact the group for meeting details at least 24-48 hours before the “meeting” starts.**
- **Group’s Main Contact:** Rosemary H. at +1 586-943-7629 (Ok to Text)
- **Group’s Second Contact:** Dwight H. at +1 586-776-3886 (Ok to Text)

12) **Wednesdays from 9:00 PM - 10:15 PM Central Time / 7:00 PM - 8:15 PM Pacific Time**

- **Based in:** Oakland, California
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Optional
- Please wait in the “waiting room” until the host lets you in.
- **Phone Number:** +1 669-900-6833
 - **Phone Access Code:** 9524174615#
- **Link:** <https://us02web.zoom.us/j/9524174615>
- **Zoom Meeting ID:** 952 417 4615
 - **Online Password:** Not Required
- **Group’s Contact:** Dan S. at danieffstrauss@gmail.com & +1 510-504-4765
- **Group’s Second Contact:** Ange G. at georgeange20@gmail.com & +1 323-835-9993

13) **Wednesdays from 7:30 PM - 8:30 PM UK Time**

- **Group Name:** “London Online” (Based in London, England, United Kingdom)
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Zoom Meeting ID:** 495 554 1514
- **Group’s Contact:** Heather at emotionsanonymousinthecity@gmail.com
- **NOTE:** Please check <https://www.emotionsanonymous.org.uk/find-a-meeting> for the most current information.

14) **Wednesdays and Saturdays at 5:00 PM Greenwich Mean Time +3**

- **Group Name:** “Connete”
 - **Remote Program:** Zoom and Google Meet
 - **Language:** English and Kiswahili
 - **Special Interest:** Networking with Resourceful People. Young Adults (18-35 years old) and Adults.
 - Video is preferred, but not required.
 - **NOTE:** This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.
 - Please reach out to the group contact for additional meeting information.
 - **Group’s Contact:** Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180 (texting is okay)
-

Thursday EA Meetings:

1) Thursdays at 1:00 PM Central Time / 2:00 PM Eastern Time

- **Group Name:** "GenZtory"
- **Remote Program:** Zoom
- **Video Component:** Required
- **Link:**
<https://us04web.zoom.us/j/3539451668?pwd=aAhgCTNBCDv8quwLZIK0090Mr5BcmA.1>
- **Group's Main Contact:** Nazareign W. at nazhopewilliams@gmail.com & +1 571-578-1660 (Texting is okay)
- **Group's Second Contact:** Synthia L. at synthialouis@gmail.com and +1 703-554-9279

2) Thursdays from 1:15 PM - 1:45 PM Central Time

- **Group Name:** "Just For Today - Mini EA Meetings" (Based in Mesquite, Texas)
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.
- *The group may decide to start meeting face-to-face in Mesquite, TX USA.*
- **Phone Number:** +1 978-990-5065
 - **Phone Access Code:** 391049#
- **Group's Main Contact:** Mary Alice R. at marichwit@gmail.com & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

3) Thursdays at 3:00 PM Central Time / 4:00 PM Eastern Time

- **Group Name:** "Mixed Nuts Group of the Lowcountry" (Based in Bluffton, South Carolina)
- **Remote Program:** Zoom
- **Video Component:** Required
- **Zoom Meeting Link:**
<https://us02web.zoom.us/j/82471365892?pwd=yOkYNzLU9bcIlk2Zyktbc9sXhDO0MI.1>
- **Zoom Meeting ID:** 824 7136 5892
- **Zoom Meeting Password:** 586817
- **Group's Main Contact:** Lauren R. at EALowcountry@gmail.com & +1 252-917-7082 (Texting is okay)

4) **Thursdays from 4:00 PM - 6:00 PM Central Time**

- **Group Name:** “Growing In Serenity” (Based in Chicago, Illinois)
- **Video Component:** Not Applicable
- This meeting only has an audio component.
- *The group may resume meeting face-to-face in 2024.*
- **Phone Number:** +1 312-667-4792
 - **Phone Access Code:** 279396#
- **Group’s Main Contact:** Monique (Nikki P) P. at gone0705@icloud.com & +1 (312) 982-5535 (Texting is okay)
- **Group’s Second Contact:** Rick W. at richardw1944@sbcglobal.net & +1 (773) 504-4980 (Texting is okay)

5) **Thursdays at 5:00 PM Central Time / 4:00 PM Mountain Time**

- **Group Name:** “Help Is Here, Thursday EA Group”
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:** <https://us02web.zoom.us/j/85187025377>
- **Zoom Meeting ID:** 851 8702 5377
 - **Online Password:** Not Required
- **Group’s Contact:** Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 (Ok to Text)

6) **Thursdays from 5:00 PM - 6:15 PM Central Time**

- **Group Name:** “Utilizing Not Analyzing the Steps”
- **Special Interest:** Meditation, Step Meeting & Topic Readings
- This group follows a non-standard EA meeting format.
- **NOTE: Starting 10/17/24, this group will be using individual EA pamphlets as their main literature until the end of the year.** Details on which pamphlets will be used on which date can be found [here](#).
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- There is an optional meditation starting at 4:30 PM Central Time.
- **Link:**
<https://us02web.zoom.us/j/89285951319?pwd=ZGpKalYyZjRsbjBySkZUdFU5YVZWdz09>
- **Zoom Meeting ID:** 892 8595 1319
 - **Online Passcode:** 148197
- **Phone Number:** +1 646-931-3860
 - **Phone Access Code:** 148197#
- **Find your local phone number:** <https://us02web.zoom.us/u/kb4XVmAISY>
- **Group’s Contact:** Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

7) **Thursdays** at 5:30 PM Central Time / 6:30 PM Eastern Time

- **Group Name:** "Lenape Valley Foundation EA Group" (Based in Doylestown, Pennsylvania)
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:**
<https://lenapevf.zoom.us/j/86497363732?pwd=OG1DRUw4c243WHdsMnczUGFRS2FiUT09>
- **Zoom Meeting ID:** 864 9736 3732
 - **Online Passcode:** 578196
- **Phone Number:** +1 309-205-3325
 - **Phone Access Code:** 578196#
- **Find your local phone number:** <https://lenapevf.zoom.us/u/k6W11izC>
- **Group's Main Contact:** Donna G. at donna.giordano@lenapevf.org & +1 267-893-5071
- **Group's Second Contact:** Mike J. at stinkybait49@yahoo.com & +1 610-761-0019

8) **Thursdays** at 6:00 PM Central Time / 7:00 PM Eastern Time

- **Remote Program:** FreeConferenceCall (FCC)
- **Link:** <https://www.freeconferencecall.com/wall/creativeis>
- **FCC Meeting ID:** [creativeis](#)
- **Online Password:** Not Required
- **Phone Number:** +1 712-451-0178
- **Phone Access Code:** 582467#
- **Find your local phone number:** <https://www.freeconferencecall.com/wall/creativeis>
(Click on "View List" Next to "International Dial-in Numbers")
- **Group's Contact:** NOTE: As of 12/16/2023, this EA group currently does not have a Group Contact Person and may not be meeting.

9) **Thursdays** at 6:00 PM Central Time / 7:00 PM Eastern Time

- **Based in:** Newburyport, Massachusetts
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may decide to resume meeting face-to-face.*
- **Please contact Steve C. at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Main Contact:** Steve C. at scarh10428@aol.com & +1 978-407-8454
- **Group's Second Contacts:** Barbara & Duncan M. at bmac77@aol.com & +1 978-462-4647

10) **Thursdays from 6:00 PM - 7:30 PM Central Time / 4:00 PM - 5:30 PM Pacific Time**

- **Based in:** Ukiah, California
- **Remote Program:** Zoom
- If you are a newcomer to the meeting please join the meeting at 3:45 PM for assistance.
- **Link:**
<https://us02web.zoom.us/j/2299716767?pwd=UDJWMlBoYnpqNWExaDN0cUk4eS9OUT09>
- **Zoom Meeting ID:** 229 971 6767
 - **Online Passcode:** 779586
- **Phone Number:** +1 669-900-6833
 - **Phone Access Code:** 779586#
- **Group's Contact:** Eula B. at +1 707-463-3911

11) **Thursdays (Jueves) and Mondays (Lunes) at 6:00 PM - 7:30 PM Central Time / 8:00 PM - 9:30 PM Atlantic Time**

- **Nombre del grupo:** "Grupo Emociones"
- **Idioma:** Spanish / Español
- **Programa remoto:** Zoom
- **Componente de video:** opcional
- **Identificación de la reunión de Zoom:** 952 815 6538
 - **Código de acceso en línea:** 943010
- **Contacto principal del grupo:** Lizzy R. al +1 787-632-4921
- **Segundo contacto del grupo:** Jilda R. al +1 787-203-2693 (Está bien enviar mensajes de texto)

12) **Thursdays at 6:30 PM Central Time / 7:30 PM Eastern Time**

- **Group Name:** "EA - Take It Or Leave It" (Based in Cuyahoga Falls, Ohio)
- **Type of Group:** Hybrid Meeting - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- This is a hybrid group; accessible locally in-person as well as remotely by phone and online through Zoom.
- The Zoom Room opens at 7:00 PM Eastern Time so that the meeting can start on time.
- **Link:** <https://us02web.zoom.us/j/536104306>
- **Zoom Meeting ID:** 536 104 306
 - **Online Passcode:** *Please contact the group at least 2 hours before the meeting starts for information.*
- **Phone Number:** +1 720-707-2699
 - **Phone Passcode:** *Please contact the group at least 2 hours before the meeting starts for information.*

- **Group's Contact:** Anita K. at anitakoffler@gmail.com & +1 646-744-7993
- **Group's Second Contact:** Sharon P. at outofthebullpen@gmail.com & +1 347-752-2198

17) **Thursdays at 9:00 PM Central Time / 10:00 PM Eastern Time**

- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- ***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***
- **Group's Contact:** Scott K. at eascottk@gmail.com & +1 774-277-1888

18) **Thursdays and Tuesdays from 9:00 - 10:00 PM Central Time / 7:00 - 8:00 PM Pacific Time**

- **Group Name:** "The Path to Serenity" Group
- **Remote Program:** Google Meet
- **Video Component:** Required
- **Link:** <https://meet.google.com/bhg-yvzk-msi>
- **Group's Contact:** Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067 (Okay to Text)
- **Group's Second Contact:** Keely P. at keelyparrish2@gmail.com & +1 (810)308-6056 (Okay to text)

19) **Thursdays from 9:00 PM - 10:15 PM Central Time / 7:00 PM - 8:15 PM Pacific Time**

- **Group Name:** The Thursday Night Newcomers' Meeting
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Link:**
<https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenU0UWNBaXRUU1hDZz09>
- **Zoom Meeting ID:** 922 343 325
 - **Online Passcode:** 12
- **Group's Contact:** Heidi M. at heidimathat@gmail.com

20) **Thursdays at 9:30 PM Central Time / 7:30 PM Pacific Time**

- **Group Name:** "EA Vancouver" (Based in Vancouver, British Columbia, Canada)
- **Remote Program:** Paltalk App
- **Link:** <https://www.paltalk.com/downloads>
- This meeting does not have an audio or video component. It uses chat only.

- Please search for “Emotions Anonymous Vancouver” on Paltalk approximately five minutes prior to the meeting start time.
- **Group’s Contact:** Doug D. at atma2010@yahoo.ca & +1 604-688-4276
- **Group’s Second Contact:** eavancouver@hotmail.ca

21) **Thursdays at 10:00 PM Central Time / 8:00 PM Pacific Time**

- **Based in:** Culver City, California
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- This is a hybrid group; accessible locally in-person as well as remotely through Zoom.
- **Link:**
<https://us02web.zoom.us/j/89940070635?pwd=YXpGdXlsOVBDZWltdWMYSG1sQ1pXUT09>
- **Zoom Meeting ID:** 899 4007 0635
 - **Online Password:** sharelove
- **Group’s Contact:** Hank K. at hjayk2@yahoo.com or +1 213-210-4912

22) **Thursdays at 11:00 AM New Zealand Time**

- **Based in:** Hillsborough, Auckland, New Zealand
- **Type of Group:** Hybrid - Remote and In-Person
- **Remote Program:** Zoom
- This is a hybrid group; accessible locally in-person as well as remotely through Zoom.
- **Zoom Meeting ID:** Please contact the group at least 24-48 hours before the meeting starts for information.
 - **Online Password:** Please contact the group at least 24-48 hours before the meeting starts for information.
- **Group’s Contact:** Susan P. at sparkernz@hotmail.com or +64 210 714 220 (Texting is okay)
- **Group’s Second Contact:** Peti E. at +64 21 154 5832 (Texting is okay)

23) **Thursdays at 6:30 - 7:30 PM UK Time**

- **Group Name:** St. Albans Online
- **Based In:** St. Albans, England, United Kingdom
- **NOTE:** This group meets every Thursday.
- The **third Thursday** of each month will be a longer Step Study meeting, from **6:30 - 8:00 PM UK Time.**
 - During this meeting, the group will look at the step that ties in with the month number. For example, Step 3 in March (the third month), Step 4 in April, etc.

- **Remote Program:** Zoom
 - **Zoom Meeting ID:** 830 1825 3025
 - **Online Password:** 792620
 - **Group's Main Contact:** Anne H. at eastalbans@gmail.com
 - **NOTE:** Please visit <https://www.emotionsanonymous.org.uk/find-a-meeting> for the most current meeting information.
-

Friday EA Meetings:

1) Fridays at 10:30 AM Central Time / 11:30 AM Eastern Time

- **Group Name:** “EA Rhode Island” (Based in Providence, Rhode Island)
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- The meeting starts at 11:30 AM, ET please be prompt.
- The group reads the Steps, Traditions, etc. in the meeting. You can view them online here (<https://emotionsanonymous.org/about-eai/ea-program-basics/>) or download the EA's 12 Step Program pamphlet (<https://emotionsanonymous.org/eai-literature/free-publications-in-english.html>).
- **Link:**
<https://us02web.zoom.us/j/189758744?pwd=TDdDRExDVExDamkzVE53ZGZrQlVRQT09>
- **Zoom Meeting ID:** 189 758 744
 - **New Online Passcode, as of 4/10/24:** 12802134
- **Phone Number:** +1 929-205-6099
 - **New Phone Access Code, as of 4/10/24:** 12802134#
- **Group's Contact:** John G. at johnthegman59@gmail.com & +1 401-419-1758

3) Fridays from 12:30 PM - 2:00 PM Central Time / 10:30 AM - 12:00 PM (Noon) Pacific Time

- **Based in:** California, USA
- **Special Interest:** Open Meeting - Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- The group welcomes all!
- ***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***
- **Group's Main Contact:** Richard B. at balsamre@gmail.com & +1 310-857-4774 (Ok to Text)
- **Group's Second Contact:** Cliff B. at +1 310-913-1210 (Ok to Text)

4) Fridays from 12:30 PM - 2:00 PM Central Time / 10:30 AM - 12:00 PM (Noon), Pacific Time

- **Based in:** Woodland Hills, California
- **Remote Program:** Zoom

- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Zoom Meeting ID:** 307 008 9039
 - **Online Password:** serenity
- **Group's Contact:** Rebecca C.-S. at rscs-gps@msn.com & +1 818-609-9843

5) **Fridays from 1:15 PM - 2:15 PM Central Time**

- **Group Name:** "Just For Today - Main Meeting" (Based in Mesquite, Texas)
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- *The group may resume meeting face-to-face.*
- **Phone Number:** +1 978-990-5065
 - **Phone Access Code:** 391049#
- **Group's Main Contact:** Mary Alice R. at marichwit@gmail.com & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

6) **Fridays at 1:40 PM Central Time**

- **Group Name:** "TGIF"
- **Remote Program:** Phone Call (No internet needed)
- This meeting has an audio component only.
- **Phone Number:** +1 425-436-6369
 - **Phone Access Code:** 823190#
- **Group's Contact:** Scott J. at lidablue2@gmail.com & +1 507-276-0323

7) **Fridays at 2:30 PM Central Time / 3:30 PM Eastern Time**

- **Group began meeting on 1/12/24**
- **Group Name:** "BIPOC of EA II"
- **Special Interest:** BIPOC Only
- **Specialized group** (does not follow EA's standard meeting format)
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:** <https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb210WDg3aER>
- **Zoom Meeting ID:** 825 8861 3001
- **Online Passcode:** 850906
- **Phone Number:** +1 312-626-6799
- **Phone Access Code:** 850906#
- **Group's Contact:** Renita E., bipocofea@gmail.com, +1 213-255-8631 (Texting is okay).

8) **Fridays** from 4:00 PM - 4:30 PM Central Time

- **Group Name:** "EA Friday Micro Meeting"
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- There is a 15-minute meditation before the meeting from 3:45 PM - 4:00 PM Central Time.
- **Link:**
<https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ0lDR1YrSVdGVHRUQT09>
- **Zoom Meeting ID:** 848 8144 6966
 - **Online Passcode:** 56304
- **Phone Number:** +1 929-436-2866
 - **Phone Access Code:** 56304#
- **Find your local phone number:** <https://us02web.zoom.us/u/kTH5rE2WK>
- **Group's Contact:** Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

9) **Tuesdays and Fridays** at 5:30 PM Central Time / 6:30 PM Eastern Time

- **Remote Program:** Zoom
- **Based In:** Decatur/Atlanta, Georgia
- **Link:** <https://us04web.zoom.us/j/5394705128>
- **Zoom Meeting ID:** 539 470 5128
 - No online password needed.
 - Video preferred, but not required.
- **Phone Number:** +1 312-626-6799
 - **Phone Access Code:** 5394705128#
- **Group's Contact:** Cliff E. at cliffedge@att.net & +1 404-403-4353

10) **Fridays** at 6:00 PM Central Time / 7:00 PM Eastern Time

- **Group Name:** EA Happy Hour (Based in Miami, Florida)
- **Special Interest:** An hour of fellowship time.
- **Additional Meeting Information:** Join us for an hour or more of fun, fellowship, and enjoying one another.
- **NOTE:** This is not a formal EA meeting.
- **Remote Program:** Zoom (Internet not needed if joining over a phone call)
- **Link:**
<https://us06web.zoom.us/j/85460895191?pwd=K0xtWEkrQlAxcnNRbGpoZmJ4Wmo4QT09>
- **Zoom Meeting ID:** 854 6089 5191

- **NOTE:** Please reach out to the group contact at least an hour or two before the meeting starts for the meeting passcode.
- Video is optional.
- **Meeting Phone Number:** +1 (312) 626-6799
 - **Meeting ID:** 854 6089 5191
 - **NOTE:** Please reach out to the group contact at least an hour or two before the meeting starts for the meeting passcode.
- **Group's Contact:** Shani C. at inahs444@gmail.com and +1 786-306-4418 (Okay to text).

11) **Fridays and Mondays at 6:00 PM Central Time**

- **Group Name:** "Norman/Central Oklahoma Serenity Group" (Based in Norman, Oklahoma)
- **Special Interest:** Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- *The group may decide to resume meeting in-person in the future.*
- The group also meets on Mondays at the same time using the same information.
- **Phone Number:** +1 775-799-9023
 - **Phone Access Code:** Not Required
- **Group's Main Contact:** Alice P. at als1pal@aol.com & +1 405-473-7680 (texting is okay)

12) **Fridays at 7:00 PM Central Time**

- **Group Name:** "Dayton Avenue Chapter" (Based in St. Paul, Minnesota)
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Video Component:** Not Applicable
- This meeting only has an audio component.
- This is a hybrid group; accessible locally in-person as well as remotely by phone.
- Everyone is welcome!
- Participants will incur a charge of a penny per minute for the duration of the meeting.
- **Phone Number:** +1 240-591-0215
 - **Phone Access Code:** 722360#
- **Group's Main Contact:** Paul W. at wehrweinp@earthlink.net & +1 651-402-6774
- **Group's Second Contact:** Faith J. at faithjohnson27@gmail.com

13) **Fridays at 8:00 PM Central Time**

- **Based in:** Houston, Texas
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.

- *The group may resume meeting face-to-face.*
- ***Please send an email including your first name and email address to which the meeting details should be sent.***
- **Group's Contact:** Becky I. at houstoneaintergroup@gmail.com & +1 832-902-4736

14) **Fridays from 7:00 PM - 8:00 PM UK Time**

- **Group Name:** "Friday Night London Online" (Based in London, England, United Kingdom)
 - **Remote Program:** Zoom
 - **Zoom Meeting ID:** 313 401 7970
 - **Group's Contact:** Jason S. at eafridaynightonline@gmail.com & +44 07549 256 393 (*You can also contact Jason via WhatsApp.*)
 - **NOTE:** Please check <https://www.emotionsanonymous.org.uk/find-a-meeting> for the most current information.
-

Saturday EA Meetings:

1) Saturdays from 7:30 AM - 8:15 AM Central Time / 9:30 AM - 10:15 AM Atlantic Time

- **Group Name:** "A New Way of Life" (Based in Dartmouth, Nova Scotia, Canada)
- **Special Interest:** Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Required
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Sharon B. at shyone22001@yahoo.ca & +1 902-410-3850 (Ok to Text)

2) Saturdays from 8:15 AM - 9:00 AM Central Time / 10:15 AM - 11:00 AM Atlantic Time

- **Group Name:** "A New Way of Life" (Based in Dartmouth, Nova Scotia, Canada)
- **Special Interest:** Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Sharon B. at shyone22001@yahoo.ca & +1 902-410-3850 (Ok to Text)

3) Saturdays at 8:30 AM Central Time / 9:30 AM Eastern Time

- **Group Name:** "You're Worth It"
- **Special Interest:** Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Preferred, but not required.
- **Zoom Meeting ID:** 828 1522 1500
- **Zoom Meeting Password:** 745026
- **Meeting Link:** <https://us02web.zoom.us/j/82815221500>
- **Group's Contact:** Kathleen T. at kathleentrefethen65@gmail.com

4) Saturdays at 10:00 AM Central Time

- **Group Name:** "Maximum Service"

- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- ***Please contact the group at least one hour before the meeting starts for the meeting details.***
- ***If this is your first meeting, please join the meeting at least 15 minutes before the meeting starts. Newcomers usually don't share at their first meeting, but you will have a chance to talk to an experienced member of EA one-on-one after the meeting.***
- Headphones are recommended.
- **Group's Website:** <http://eamaximumservice.weebly.com/>
- **Group's Contact:** Jeff D. at eamaximumService@gmail.com, and +1 217-377-2897
- **Group's Second Contact:** Whit H. at whitheintz@gmail.com, and +1 217-714-5760

5) **Saturdays at 12:00 PM (Noon) Central Time / 10:00 AM Pacific Time**

- **Based in:** Bend, Oregon
- **Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- ***Please contact the group for meeting details at least 24-48 hours before the meeting starts.***
- **Group's Contact:** David K. at eabendor@gmail.com & +1 954-562-8487

6) **Saturdays at 12:00 PM (Noon) Central Time / 10:00 AM Pacific Time**

- **Based in:** Costa Mesa, California
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Zoom Meeting ID:** 878 2293 0357
 - **Online Password:** bQ6EqY
- **Group's Contact:** Chuck S. at staff@socal.rr.com & +1 714-915-6129 (Texting is okay)

7) **Saturdays at 12:30 PM Central Time / 11:30 AM Mountain Time**

- **Group Name:** "Help Is Here Saturday Group"
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Link:** <https://us02web.zoom.us/j/84764228754>
- **Zoom Meeting ID:** 847 6422 8754
 - **Online Password:** Not Required
- **Group's Contact:** Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 (Ok to Text)

8) **Saturdays at 1:00 PM Central Time / 11:00 AM Pacific Time**

- **Group Name:** "EA Vancouver" (Based in Vancouver, British Columbia, Canada)
- **Remote Program:** Paltalk App
- **Link:** <https://www.paltalk.com/downloads>
- This meeting does not have an audio or video component. It uses chat only.
- Please search for "Emotions Anonymous Vancouver" on Paltalk approximately five minutes prior to the start time.
- NOTE: Optional Step Meetings are held on the fourth Saturday of each month, from 3:00 PM - 4:30 PM Central Time / 1:00 - 2:30 PM Pacific Time, directly following the regular Saturday meeting.
- **Group's Main Contact:** Doug D. at atma2010@yahoo.ca and +1 604-688-4276
- **Group's Second Contact:** eavancouver@hotmail.ca

9) **Saturdays from 1:15 PM - 1:45 PM Central Time**

- **Group Name:** "Just For Today - Mini EA Meetings" (Based in Mesquite, Texas)
- **Remote Program:** Phone Call
- This meeting only has an audio component.
- These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM Central Time.
- *The group may decide to start meeting face-to-face in Mesquite, Texas USA.*
- **Phone Number:** +1 978-990-5065
 - **Phone Access Code:** 391049#
- **Group's Main Contact:** Mary Alice R. at marichwit@gmail.com & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

10) **Saturdays from 3:00 - 4:00 PM Central Time / 4:00 PM - 5:00 PM Eastern Time**

- **Group Name:** "Welcoming the Spiritual Awakening Within Me" Workbook Study Group
- **Method:** *Specialized Group (Does NOT Follow EAI's Meeting Format)*
- **This group will BEGIN meeting on November 4th, 2023**
- It is strongly recommended that you have your own workbook (#83). Workbooks can be purchased from EAI online:
<https://emotionsanonymous.org/eai-literature/online-store.html>
- **Remote Program:** Phone Call
- **Video Component:** Not Applicable
- This meeting only has an audio component.
- **Phone Number:** +1 605-313-4162
 - **Phone Access Code:** 181510#
- **Group's Main Contact:** Elana P. at greatfulg6@gmail.com & +1 618-771-9655 (based in Pacific Time)

- **Group's Second Contact:** Yvonne P. at yvonneptoday@gmail.com & +1 503-490-5186 (based in Pacific Time)
- **Group's Third Contact:** Tracie B., please text: +1 915-566-8424 (based in Mountain Time)

11) **Saturdays at 3:30 PM Central Time / 4:30 PM Eastern Time**

- **Group Name:** "EA Group of Hauppauge" (Based in Hauppauge, New York)
- **Method:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Steve W. at steveuw6519@gmail.com & +1 631-332-0552

12) **Saturdays at 4:00 PM Central Time / 2:00 PM Pacific Time**

- **Method:** *Specialized Group (Does NOT Follow EAI's Meeting Format)*
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Special Interest:** Literature Study Group
- **Link:**
<https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenU0UWNBaXRUU1hDZz09>
- **Zoom Meeting ID:** 922 343 325
 - **Online Passcode:** 12
- **Group's Contact:** Helga at frustratedgoddess@gmail.com

13) **Saturdays at 5:30 PM Central Time / 6:30 PM Eastern Time**

- **Remote Program:** Phone Call
- This meeting has an audio component only.
- **Phone Number:** +1 425-436-6369
 - **Phone Access Code:** 823190#
- **Group's Contact:** Ellen J. at jettea@charter.net & +1 757-572-1155 (Ok to Text)

14) **Saturdays at 7:00 PM Central Time / 8:00 PM Eastern Time**

- **Special Interest:** Emotional Addiction, Trauma & Co-Dependency
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**

- **Group's Contact:** Mike K. at mikeka61@gmail.com & +1 301-442-9883

15) **Saturdays** at 7:00 PM Central Time / 8:00 PM Eastern Time

- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **Link:** <https://us02web.zoom.us/j/78728329336>
- **Zoom Meeting ID:** 787 2832 9336
 - **Online Password:** Not Required
- **Group's Main Contact:** Jenny N. at tigergirl986@yahoo.com
- **Group's Second Contact:** Kirsten S. at kasantiannido@gmail.com & +1 757-620-6781

16) **Saturdays** at 9:30 PM Central Time / 7:30 PM Pacific Time

- **Based in:** Cupertino, California
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- *The group may resume meeting face-to-face.*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Gloria B. at burdlady@gmail.com & +1 408-636-8453

17) **Saturdays** from 11:00 AM - 12:00 PM (Noon) UK Time

- **Group Name:** "Saturday UK Online" (Based in the United Kingdom)
- **Remote Program:** Zoom
- **Special Interest:** "The only requirement for EA membership is a desire to become well emotionally," as stated in Tradition 3. All are welcome.
- **Video Component:** We encourage members to have their video on, but it is not required.
- **Zoom Meeting ID:** 829 7794 8952
 - **Online Password:** Please contact the group for the password.
- **NOTE:** Please Visit our UK EA website for current meeting and contact information at <https://www.emotionsanonymous.org.uk/find-a-meeting>. We meet online through Zoom and utilize the waiting room for the safety of our members. Contact us for the Zoom passcode.
- **Group's Contact:** Amber E. at ea_saturday_meeting@yahoo.com

18) **Saturdays** at 11:30 AM UK Time

- **Group Name:** “Monthly Step Study”
- **Method:** *Specialized Group (Does NOT Follow EAI's Meeting Format)*
- **Remote Program:** Zoom
- **Video Component:** Required
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- *The group uses A Guide to Working the Twelve Steps (item #75) during the meeting. Please purchase a printed copy online here (<https://emotionsanonymous.org/eai-literature/online-store.html>) or by contacting the EAI office at +1 651-647-9712.*
- **Group’s Contact:** Kären G. at karen.g7294@gmail.com & +44 7985 035125 (Ok to Text)
- **Group’s Second Contact:** Anne H. at annehollis43@gmail.com

19) **Saturdays and Wednesdays at 5:00 PM Greenwich Mean Time +3**

- **Group Name:** “Connete”
 - **Remote Program:** Zoom and Google Meet
 - **Language:** English and Kiswahili
 - **Special Interest:** Networking with Resourceful People. Young Adults (18-35 years old) and Adults.
 - Video is preferred, but not required.
 - **NOTE:** This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.
 - Please reach out to the group contact for additional meeting information.
 - **Group’s Contact:** Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180 (texting is okay)
-

Sunday EA Meetings:

1) Sundays at 10:00 AM Central Time / 8:00 AM Pacific Time

- **Remote Program:** FreeConferenceCall
- This meeting only has an audio component.
- **Phone Number:** +1 718-362-6360
- **Phone Access Code:** 1813110#
- **Group's Contact:** Barbara M.-C. at bmayclark@gmail.com & +1 916-743-8134

2) Sundays from 11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time

- **Group Name:** "EA International Meeting"
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Phone Number:** +1 669-900-6833
- **Phone Access Code:** 84608549857#
- **Link:** <https://us02web.zoom.us/j/84608549857?pwd=NTITMyt5c2VldmpNelYwNkFSNjQwQT09>
- **Zoom Meeting ID:** 846 0854 9857
- **Online Passcode:** 893674
- **Group's Contact:** Heidi M. at heidimathat@gmail.com

3) Sundays from 11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time

- **Remote Program:** Zoom
- **Video Component:** Optional
- Please contact the group at least 24-48 hours before the meeting starts for the meeting details.
- **Group's Contact:** Tommy G. at tommygrant1964@gmail.com & +1 626-376-8293
- **Group's Second Contact:** Jessie G. at jessiegrant026@gmail.com & +1 626-360-6853

4) Sundays at 12:00 PM (Noon) Central Time / 1:00 PM Eastern Time

- **Group Name:** "One Day At a Time"
- **Remote Program:** Zoom

- **Video Component:** Optional
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Manny R. at eagroupmeet@aol.com & +1 954-639-9989

5) **Sundays at 1:30 PM Central Time / 2:30 PM Eastern Time**

- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- The remote space will open at 2:00 PM Eastern Time for casual conversation.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Rosemary H. at 586-943-7629 (Ok to Text)
- **Group's Second Contact:** Dwight H. at 586-776-3886 (Ok to Text)

6) **Sundays at 2:30 PM Central Time / 3:30 PM Eastern Time**

- **Group Name:** "BIPOC of EA"
- **Special Interest:** BIPOC Members Only
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- **This meeting is for EA members who identify as Black (African American), Indigenous (Native American), and People of Color only. *People of Color refers to any non-White identity, including Latinx/Hispanic, Asian, Pacific Islander, Middle Eastern, etc.***
- **If you *do not* identify as BIPOC the best way that you can support the group is by not attending the meeting in order to honor this sacred meeting space.**
- In this sacred space, members can share without fear of retaliation or judgment.
- **Link:**
<https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aERHenl5NkY3Zz09>
- **Zoom Meeting ID:** 825 8861 3001
 - **Online Passcode:** 850906
- **Phone Number:** +1 312-626-6799
 - **Phone Access Code:** 850906#
- **Phone Numbers List (Dial by Your Location) -**
- **[Step 1: Dial the Phone Number, Step 2: Dial the Meeting ID & Step 3: Dial the Phone Access Code]**
 - +1 719-359-4580 (Fresno, CA USA)
 - +1 669-444-9171 (CA, USA)
 - +1 720-707-2699 (Denver, CO USA)

- +1 305-224-1968 (Miami, FL USA)
- +1 386-347-5053 (FL, USA)
- +1 689-278-1000 (FL, USA)
- +1 312-626-6799 (Chicago, IL USA)
- +1 309-205-3325 (IL, USA)
- +1 507-473-4847 (MN, USA)
- +1 646-558-8656 (NY, USA)
- +1 646-931-3860 (NY, USA)
- +1 346 248 7799 (Houston, TX USA)
- +1 301-715-8592 (Washington D.C., USA)
- +1 253-215-8782 (Tacoma, WA USA)
- +1 564-217-2000 (WA, USA)
- +1 253-205-0468 (WA, USA)
- +1 360-209-5623 (WA, USA)
 - **Meeting ID:** 82588613001#
 - **Phone Access Code:** 850906#
- **Group's Email:** BIPOCofEA@gmail.com

7) **Sundays at 4:00 PM - 4:40 PM Central Time / 5:00 PM - 5:40 PM Eastern Time**

- **Group Name:** "Core Emotions: Back to Basics"
- **Remote Program:** Zoom
- **Video Component:** Optional (But video is preferred)
- **NOTE:** This group follows a non-standard EA meeting format, and is open for anyone to join. These are shorter 40-minute meetings.
- Meeting topics by request. For group contact or topic requests, please email msjuniper74@gmail.com.
- **Zoom Meeting ID:** 745 746 7707
 - **Online Password:** Joy
- **Meeting Phone Number:** +1 (312) 626-6799
- **Group's Contact:** Jennifer P. at +1 716-418-6713 (text only, no calls) and msjuniper74@gmail.com

8) **Sundays at 5:30 PM Central Time**

- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:**
<https://us04web.zoom.us/j/4604771285?pwd=WWR5K3lrOU1yTmVvV2hLOWN6endHdz09>

- **Zoom Meeting ID:** 460 477 1285
- **Online Passcode:** 583374
- **Group's Contact:** Lynne S. at lynnsmith50@hotmail.com & +1 712-420-2058

9) **Sundays from 5:30 PM - 6:30 PM Central Time**

- **Group Name:** "Sunday Forest Park/Oak Park, Illinois EA" (Based in Forest Park, Illinois)
- **Special Interest:** Open Meeting - Everyone is Welcome (Including Students)!
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:** <https://us02.web.zoom.us/j/84096624135?pwd=NIplSWJoZDcxI2FjdzU2OWZpV2xNUT09>
- **Zoom Meeting ID:** 8409 662 4135
 - **Online Password:** *Please contact the group at least 24-48 hours before the meeting starts for information.*
- **Group's Contact:** Jacqueline E. at jacelder@gmail.com & +1 708-491-7609 (Ok to Text)
- **Group's Second Contact:** Quinn K. at gpk16@sbcglobal.net & +1 708-822-5406 (Ok to Text)

10) **Sundays from 5:30 PM - 7:00 PM Central Time**

- **Group Name:** "EA Crazy Group" (Based in Chicago, Illinois)
- **Remote Program:** FreeConferenceCall (FCC)
- This meeting only has an audio component.
- *The group may resume meeting face-to-face.*
- **Phone Number:** +1 667-770-1402
 - **Phone Access Code:** 9016724#
- **Group's Contact:** Janel W. at wes_nel@yahoo.com & +1 773-507-8062 (Ok to Text)
- **Group's Second Contact:** Bernadette F. at msnernik11@gmail.com & +1 773-607-9108 (Ok to Text)

11) **Sundays at 6:00 PM Central Time / 7:00 PM Eastern Time**

- **Group Name:** "Acceptance & Serenity"
- **Remote Program:** FreeConferenceCall (FCC)
- **Video Component:** Please ask the group for information.
- **Link:** <https://www.freeconferencecall.com/wall/eatelephoneconference5>
- **FCC Meeting ID:** eatelephoneconference5
 - **Online Password:** Not Required
- **Phone Number:** +1 540-792-0104
 - **Phone Access Code:** 808747#

- **Find your local phone number here:**
<https://www.freeconferencecall.com/wall/eatelephoneconference5>
- **Group's Contact:** David K. at davek3890@gmail.com & +1 516-450-7171

12) **Sundays at 6:00 PM - 7:30 PM Central Time / 7:00 PM - 8:30 PM Eastern Time**

- **Group Name:** "Twelve Steps to Emotional Recovery" (Based in Winchendon, Massachusetts)
- **Remote Program:** Free Conference Call
- **Video Component:** Preferred, but not required. Video component is highly recommended.
- **Special Interest:** Newcomers and existing members of EA are welcome!
- **Additional Meeting Information:**
 - NOTE: This is a weekly step meeting. Each week we read from "The Yellow Pamphlet," the "Today" Book, and the "EA Big Book."
 - When a newcomer attends, we read Step One during that meeting, and the following week the step sequence is resumed.
 - It is highly recommended that members have copies of the pamphlet and the two books we use.
- Internet is not required to participate in this meeting.
- **Meeting ID:** poolerrobort
- **Meeting Password:** 000000
- **Meeting Phone Number:** 605-313-5681
- **Phone Access Code:** 7631169#
- **Group's Contact:** Bob P. at pooler_robert@yahoo.com, and +1 978-424-3850 (Texting is okay)

13) **Sundays at 7:00 PM Central Time / 8:00 PM Eastern Time**

- **Group Name:** "EA International Women's Co-Sponsoring Group"
- **Method:** Specialized Group (*Does NOT Follow EA's Standard Meeting Format*)
- **Special Interest:** Women's Only Group, Co-Sponsorship & Newcomers Welcome!
- **Remote Program:** Zoom
- **Video Component:** Optional
- This meeting is for female EA members.
- Newcomers are welcome to join at any meeting!
- This group does not allow observation for academic reasons.
- **Link:**
<https://us02web.zoom.us/j/88082159344?pwd=bkc3MWxaOStRUK1pVnlxTkltUDlydz09>
- **Zoom Meeting ID:** 880 8215 9344
- **Online Passcode:** 975066
- **Group's Contact:** Melanie M. at eainternationalwomengroup@gmail.com

14) **Sundays at 7:00 PM Central Time / 8:00 PM Eastern Time**

- **Special Interest:** Emotional Addiction, Trauma & Co-Dependency
- **Remote Program:** Zoom
- **Video Component:** Please ask the group for information.
- ***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***
- **Group's Contact:** Mike K. at mikeka61@gmail.com & +1 301-442-9883

15) **Sundays from 7:30 PM - 8:30 PM Central Time / 6:30 PM - 7:30 PM Mountain Time**

- **Group Name:** "Boulder, Colorado EA Group" (Based in Boulder, Colorado)
- **Special Interest:** Open Meeting - All Are Welcome!
- **Type of Group:** Hybrid - Remote & Face-to-Face
- **Remote Program:** Zoom
- **Video Component:** Optional
- **Link:**
<https://us02web.zoom.us/j/83826734484?pwd=V2VsTUpiOEV0U3lybllzbjJCc05qdz09>
- **Zoom Meeting ID:** 838 2673 4484
 - **Online Passcode:** 230782
- **Phone Number:** +1 719-359-4580
 - **Phone Access Code:** 230782#
- **Find your local phone number here:** <https://us02web.zoom.us/u/kejAz68OG0>
- **Group's Contact:** Randy H. at rhickernell6727@gmail.com & +1 720-876-8099

16) **Sundays at 4:00 PM UK Time**

- **Based in:** Reading, England, United Kingdom
 - **Remote Program:** Zoom
 - **Video Component:** Optional
 - *The group may resume meeting face-to-face.*
 - ***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***
 - **Group's Contact:** Mary W. at mariarvwhite@gmail.com
 - **Group's Second Contact:** Christopher G. at christopher@douaiabbey.org.uk
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