



# Local Support Groups Focus on Emotional Health

- What:** Emotions Anonymous is a 12-Step program, based off the recovery program of Alcoholics Anonymous.
- Who:** Anyone experiencing emotional difficulties who is ready to try this program of recovery. *All are welcome.*
- Why:** To gain knowledge and support from others who have had or are currently experiencing similar issues.
- Where:** Support groups meet weekly at local public places. Locations close by are listed below.

## FAQ's:

Do I have to accept everything you tell me?  
*EA believes in 'take what you like, leave the rest' - you accept what works for you.*

Are you a cult? *No! EA is a registered 501c(3) nonprofit organization. There are no dues or fees. The only requirement for membership is a desire to be well emotionally.*

Do I have to believe in God? *All 'anonymous' programs are based in spirituality, not religion. Your personal "higher power" can be whatever you choose, outside of yourself.*

Who runs the meetings? *All group members are equal and take turns in the role of 'trusted servant' to manage the logistics of the meetings.*

Are there other meetings than what is listed here?  
*Yes! We have more than 600 groups worldwide. A meeting list can be found on our website, [www.emotionsanonymous.org](http://www.emotionsanonymous.org).*

## Meetings Close by:

### Internet/Phone meetings:

Skype, phone, and chat meetings are also available! Visit [www.emotionsanonymous.org](http://www.emotionsanonymous.org) and click on 'Find a Meeting'. Then select "Skype phone & internet chatrooms" on the right of the page!

*Look for the good.*