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.

Internet/Phone meetings:
Skype, phone, and chat meetings are also available! Visit 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.

www.emotionsanonymous.org