

Emotional Health 12 Step Support Group

Local (Face-to-Face), Remotely Accessible & Virtual



50TH ANNIVERSARY

651-647-9712

WHAT: Emotions Anonymous is a 12-Step program, based off the recovery program of Alcoholics Anonymous.

WHO: Anyone experiencing emotional difficulties who is willing to try this recovery program. You are welcome regardless of age, race, economic status, sexual orientation, gender, social status, or educational background, etc.

WHY: To gain knowledge and support from others experiencing the same or similar underlying emotions. Though the symptoms or situations may be different, the weekly support offered may remind others they are not alone in their struggles.

WHERE: Meetings can be local (Face-to-Face), remotely phone or online accessible, and virtually online. Local meetings 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! EAI is a registered 501(c)(3) nonprofit organization. There are no dues or fees to attend or participate in meetings. 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?

Tradition Two tells us that "For our group purpose there is but one ultimate authority, a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." All group members are equal and take turns in the role of 'trusted servant' to manage the logistics of the meetings. There are no 'leaders' in EA.

Are there other meetings than what is listed here?

Yes! We have more than 600 groups worldwide. You can search the US or International meeting databases on our website.

Local (Face-to-Face) EA Groups Nearby:

Remotely Accessible & Virtual EA Meetings:

All of the remotely accessible and virtual meeting options may be found on our website. Visit www.emotionsanonymous.org and click on "EA Meeting Information" on the top bar. Then select the "Remotely Accessible & Virtual EA Meeting Search Tool" option.

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