

List Of Every Remote & Virtual Meeting Listed By The Meeting Day

Current as of October 25, 2022

The most current meeting information is on EAI's website (www.EmotionsAnonymous.org)

Daily Sunday-Saturday 8:30 AM, [CDT] — The Next Frontier

- *This meeting only has an audio component.*
- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 339-209-6307
- **Participant's Access Code:** Not Required
- **Alternative Phone Number:** +1 267-876-3950
 - **Participant's Access Code:** 3014271#
- **Group's Contact:** Patti F. at +1 781-243-9738

Daily Sunday-Saturday 7:15 PM, [PDT] — One Love Vancouver

- **Program:** Facebook Messenger
- **Type of Group:** Remotely Online
- *These meetings do not have an audio or visual component, the meeting is held by members typing or "chatting" in a Facebook Messenger "chat room."*
- *A Facebook account is required.*
- **JOIN REMOTELY ONLINE**
- **Password:** Not Required
- **Group's Contact:** Kurt G. at Kurt@OneLoveVancouver.org & +1 236-818-5447

Daily Sunday-Saturday 8 PM - 9 PM, [EDT] — Daily Chatzy Online Chat Group

- **Program:** Chatzy
- **Type of Group:** Remotely Online
- *These meetings do not have an audio or visual component, the meeting is held by members typing or "chatting" in a chat room.*
- **JOIN REMOTELY ONLINE**
- **Group's Contact:** Ben F. at bfoley147351ip@hotmail.com

Daily Monday-Friday 6:30 AM, [EDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group requires that you introduce yourself with your first name and have that name as the name displayed on the screen.**
- *It is optional for members to have the camera turned on.*
- **Phone Number:** +1 309-205-3325 or **Find your local phone number**
- **Participant's Access Code:** 56304#
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 893 8791 8915
- **Passcode:** 56304

- **Group's Contact:** Kathleen E. at Kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

Sunday 8 AM, [PDT]

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

Sunday 9 AM - 10 AM, [PDT] — EA International Meeting

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 669-900-6833
 - **Participant's Access Code:** 84608549857#
- **JOIN VIRTUALLY ONLINE** or **Zoom Meeting ID:** 846 0854 9857
 - **Passcode:** 893674
- **Group's Contact:** Heidi M. at heidimathat@gmail.com

Sunday 9 AM - 10 AM, [PDT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- ***Please contact the group for 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

Sunday 10 AM, [GMT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- ***Please contact the group for meeting details.***
- **Group's Contact:** Maria W. at mariarvwhite@gmail.com
- **Group's Second Contact:** Christopher G. at Christopher@douaiabbey.org.uk

Sunday 1 PM, [EDT] — One Day At a Time

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- ***Please contact the group for meeting details.***
- **Group's Contact:** Manny R. at eagroupmeet@aol.com & +1 954-639-9989

Sunday 2:30 PM, [EDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- ***Please contact the group for meeting details at least 24-48 hours before the meeting.***
- *The room will open at 2 PM, EDT for casual conversation.*

- **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)

Sunday 5 PM, [EDT] — An Examination of Core Emotions

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- *It is optional for members to have the camera turned on.*
- **Phone Number:** +1 978-990-5033
 - **Participant's Access Code:** 7457467707#
 - **Passcode:** 441136
- **Zoom Meeting ID:** 745 746 7707
 - **Password:** Joy
- **Group's Contact:** Jennifer P. at +1 716-418-6713 **(Text Only)**
- **Group's Second Contact:** Chris B. at chrisbray01@gmail.com & +1 716-547-2219 (Ok to Text)

Sunday 5:30 PM, [CDT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 460 477 1285
 - **Passcode:** 583374
- **Group's Contact:** Lynne S. at lynnesmith50@hotmail.com & +1 712-420-2058

Sunday 5:30 PM - 6:30 PM, [CDT] (Forest Park, IL)

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- *It is optional for members to have the camera turned on.*
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 8409 662 4135
 - **Password:** ***Please contact the group 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)

Sunday 7 PM, [EDT] — Acceptance & Serenity

- **Program:** FreeConferenceCall (FCC)
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 540-792-0104 or **Find your local phone number**
 - **Participant's Access Code:** 808747#
- **JOIN VIRTUALLY ONLINE** or use the **FCC Meeting ID:** eatelephoneconference5
- **Group's Contact:** Greta O. at oagreta@gmail.com & +1 734-383-8840

Sunday 6:30 PM - 7:30 PM, [MDT] (Boulder, CO)

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face

- Zoom Meeting ID: 838 2673 4484
- Group's Contact: Randy H. at rhickernell6727@gmail.com & +1 720-876-8099

Sunday 8 PM, [EDT] — EA International Women's Co-Sponsoring Group

- Method: Specialized Group (*Does NOT Follow EAI's Meeting Format*)
- Program: Zoom
- Type of Group: Virtually Online
- Women's only group.
- This group does not allow observation for academic reasons.
- JOIN VIRTUALLY ONLINE or use the Zoom Meeting ID: 880 8215 9344
 - Passcode: 975066
- Group's Contact: Melanie M. at eainternationalwomengroup@gmail.com

Sunday 8 PM, [EDT]

- Special Interests: Emotional Addiction, Trauma & Co-Dependency
- Program: Zoom
- Type of Group: Virtually Online
- Please contact the group for meeting details.
- Group's Contact: Mike K. at mikeka61@gmail.com & +1 301-442-9883

Monday 1 PM, [AKDT] — Let It Begin With Me

- Special Interests: National Guard Members
- Program: Zoom
- Type of Group: Virtually Online
- Please contact the group for meeting details.
- This group is for National Guard Members only.
- Group's Contact: Jen T. at jentheulen@gmail.com

Monday 10 AM, [PDT] (Bend, OR)

- Program: Zoom
- Type of Group: Virtually Online
- *The group may resume meeting face-to-face again.
- Please contact the group for meeting details.
- Group's Contact: David K. at eabendor@gmail.com & +1 954-562-8487

Monday 12 PM, [CDT]

- Program: Zoom
- Type of Group: Virtually Online
- JOIN VIRTUALLY ONLINE or use the Zoom Meeting ID: 826 9863 6026
 - Passcode: 835365
- Group's Contact: Shawna F. at dakotae966@gmail.com & +1 701-552-1083

Monday 1:15 PM - 1:30 PM, [CDT]

- This meeting has an audio component only.

- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- *These are mini EA Meetings during the pandemic.*
- **Phone Number:** +1-978-990-5065
 - **Participant's 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

Monday 12:30 PM, [MDT] — Calgary EA Newcomers

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- *This group does not allow observation for academic reasons.*
- *Newcomer focus - all EA Members are welcome!*
- **Please contact the group for meeting details.**
- **Group's Contact:** Lor S. at eanewcomercalgary@gmail.com

Monday 4:40 PM, [CDT]

- *This meeting has an audio component only.*
- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 978-990-5033
 - **Participant's Access Code:** 3540536#
- **Group's Contact:** Scott J. at Lidablue2@gmail.com & +1 507-276-0323

Monday 5:10 PM, [CDT]

- *This meeting has an audio component only.*
- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 605-313-4162
 - **Participant's Access Code:** 181510#
- **Group's Contact:** Scott J. at Lidablue2@gmail.com & +1 507-276-0323

Lunes 8 PM - 9:30 PM, [ADT] — Grupo Emociones

- **Idioma:** Español
- **Programa:** Zoom
- **Tipo de Grupo:** De forma remota por teléfono y virtualmente en línea
- **Número De Teléfono:** +1 787-966-7727
- **Código de acceso del participante:** 943010#
- **Identificación de la reunión de Zoom:** 952 815 6538
- **Código de acceso:** 943010
- **Contacto principal del grupo:** Lizzy R. al +1 787-632-4921
- **Segundo contacto del grupo:** Jilda R. al +1 787-203-2693 (Texto Bien)

Monday 6:30 PM, [EDT]

- Program: Zoom
- Type of Group: Virtually Online
- Zoom Meeting ID: 834 1790 1642
- Password: 756YAw
- Group's Contact: Adaline W.-R. at adaline51@gmail.com & +1 517-219-3376 (Text Only)

Monday 7 PM, [EDT] (Salem, OH)

- Program: Google Meet
- Type of Group: Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details.**
- Group's Contact: Jeff P. at jip32059@gmail.com & +1 234-320-2570

Monday 7:30 PM, [EDT]

- Program: Zoom
- Type of Group: Remotely by Phone & Virtually Online
- Phone Number: +1 646-931-3860 or [Find your local phone number](#)
 - Participant's Access Code: 296974#
- [JOIN VIRTUALLY ONLINE](#) or use the Zoom Meeting ID: 857 6179 1601
- Password: EA732
- Group's Contact: Brian W. at eabrooklynngroup@gmail.com & +1 718-663-1469

Monday 7:30 PM, [EDT] — Ann Arbor, MI Emotions Anonymous

- Program: FreeConferenceCall (FCC)
- Type of Group: Remotely by Phone & Virtually Online
- **Please contact the group no later than Mondays at 6 PM, ET for meeting details.**
- Group's Contact: Kathryn S. at annarboremotionsanonymous@gmail.com & +1 734-926-8667 (Text Ok)

Monday 7 PM, [CDT] — Monday Night Abundant Life Group

- Program: Zoom
- Type of Group: Virtually Online
- *The group may resume meeting face-to-face again.*
- [JOIN VIRTUALLY ONLINE](#) or use the Zoom Meeting ID: 946 1009 2527
 - Passcode: 247365
- Group's Contact: Kelsey W. at knlweez@gmail.com & +1 618-334-6658

Monday 7:30 PM-8:30 PM, [CDT] (Austin, TX)

- Program: Zoom
- Type of Group: Virtually Online
- *The group asks that new members join 10 minutes prior to the meeting start time at 7:20 PM to get acclimated with how their group operates.*
- **The group may resume meeting face-to-face again.*

- **Zoom Meeting ID:** 893 2871 3824
 - *Please email the group for the password.*
- **Group's Contact:** Carol H. at jeunef@grandecom.net
- **Group's Alternative Email Contact:** Monica W. at monilog@mwells.org
- **Group's Second Contact:** Elizabeth C. at +1 512-960-7795

Monday 7:30 PM-8:30 PM, [PDT] (Riverside, CA)

- **Program:** FreeConferenceCall (FCC)
- **Type of Group:** Hybrid - Remotely by Phone & Face-to-Face
- **Phone Number:** +1 425-436-6391
 - **Participant's Access Code:** 215353#
- **Group's Contact:** Steve B. at stevebell_28@yahoo.com & +1 909-438-4938

Tuesday 10 AM - 11:30 AM, [PDT] (Ukiah, CA)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 669-900-6833 or [Find your local phone number](#)
 - **Participant's Access Code:** 779586#
- [JOIN VIRTUALLY ONLINE](#) or use the **Zoom Meeting ID:** 229 971 6767
 - **Passcode:** 779586
- **Group's Contact:** Harvey B. at hbaumoel@sbcglobal.net & +1 707-391-1447
- **Group's Second Contact:** Eula B. at +1 707-463-3911

Tuesday 1 PM-2:30 PM, [EDT] (Virginia Beach, VA)

- **Program:** Zoom
- **Type of Group:** Hybrid: Remotely by Phone, Virtually Online & Face-to-Face
- **Phone Number:** +1 929-205-6099 or [Find your local phone number](#)
 - **Participant's Access Code:** 88240767526#
- [JOIN VIRTUALLY ONLINE](#) or use the **Zoom Meeting ID:** 882 4076 7526
- **Group's Contact:** Dave M. at moo7587@aol.com & +1 757-351-3413 or +1 757-407-2560 (Text Ok)
- **Group's Second Contact:** Karen G. at kgratton@live.com & +1 757-581-9587

Tuesday 6:30 PM, [EDT] (Atlanta, GA)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 312-626-6799 or [Find your local phone number](#)
 - **Participant's Access Code:** 5394705128#
- [JOIN VIRTUALLY ONLINE](#) or use the **Zoom Meeting ID:** 539 470 5128
- **Group's Contact:** Cliff E. at cliffedge@att.net & +1 404-403-4353

Tuesday 6:30 PM, [EDT]

- **Type of Group:** Remotely by Phone

- **Please contact the group before 6 PM, ET on Tuesdays for meeting details.**
- **Group's Contact:** Paul N. at aibtikarfoundation@gmail.com & +1 929-399-6515

Tuesday 5 PM, [PDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 346-248-7799 or [Find your local phone number](#)
 - **Participant's Access Code:** 7586320810#
 - **Passcode:** 215791
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 758 632 0810
 - **Password:** EAglles
- **Group's Contact:** Michael J. at mjohnson3@cox.net & +1 760-644-8366

Tuesday 7 PM, [EDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Please contact the group for information at least 24-48 hours before the meeting.**
- *The room will open at 6:30 PM, ET for casual conversation.*
- **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)

Tuesday 7 PM, [CDT] — EA Kansas City Metro

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 820 7293 9645
 - **Passcode:** 398418
- **Group's Contact:** Ann-Marie K. at misskoerner93@gmail.com or +1 785-318-0063 (Ok to Text)

Tuesday 7 PM - 7:30 PM, [CDT] — Apple Valley Chapter

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *This group continues the meeting locally at 7:30 PM, CT.*
- **Please contact the group for Zoom meeting details.**
- **Group's Contact:** Joyce T. at jtrine@aol.com & +1 952-431-1145
- **Group's Second Contact:** Dave Q. at quastde62@gmail.com & +1 651-434-0162

Tuesday 8 PM, [CDT] (Houston, TX)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please email houstoneaintergroup@gmail.com including your first name and email address to which the meeting details should be sent.**
- **Group's Contact:** Becky I. at Becky.issa@yahoo.com & +1 832-902-4736

Tuesday 8 PM, [PDT]

- Program: Zoom
- Type of Group: Remotely by Phone & Virtually Online
- Phone Number: +1 346-248-7799 or [Find your local phone number](#)
 - Participant's Access Code: 7586320810#
 - Passcode: 215791
- [JOIN VIRTUALLY ONLINE](#) or use the Zoom Meeting ID: 758 632 0810
 - Password: EAgles
- Group's Contact: Michael J. at mjohnson3@cox.net & +1 760-644-8366

Tuesday 6:30 PM, [PDT] (Sacramento, CA)

- Program: Zoom
- Type of Group: Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details.**
- Group's Contact: Barbara M.-C. at bmayclark@gmail.com & +1 916-743-8134

Wednesday 10 AM, [PDT] (Bend, OR)

- Program: Zoom
- Type of Group: Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details.**
- Group's Contact: David K. at eabendor@gmail.com & +1 954-562-8487

2nd & 4th Wednesday 11 AM, [PDT] (Yreka, CA)

- Program: Zoom
- Type of Group: Virtually Online
- **The group may resume meeting face-to-face again.*
- Zoom Meeting ID: 470 602 7634
 - Passcode: 336600
- Group's Contact: Leeann C. at +1 530-841-0810
- Group's Second Contact: Virginia S. at vschnepp@nvcss.org

Wednesday 11 AM - 12 PM, [EDT] (Providence, RI)

- Program: Zoom
- Type of Group: Hybrid - Remotely by Phone, Virtually Online & Face-to-Face
- Phone Number: +1 646-558-8656 or [Find your local phone number](#)
 - Participant's Access Code: 526339#
- [JOIN VIRTUALLY ONLINE](#) or use the Zoom Meeting ID: 853 0296 1525
 - Password: ea11am
- Group's Contact: John G. at johnthegman59@gmail.com & +1 401-419-1758

Wednesday 1:15 PM - 1:30 PM, [CDT]

- Program: FreeConferenceCall

- **Type of Group:** Remotely by Phone
- *Mini EA Meeting*
- **Phone Number:** +1 978-990-5065
 - **Participant's 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

Wednesday 2 PM - 3 PM, [EDT]

- **Program:** Google Meet
- **Type of Group:** Hybrid - Remotely by Phone, Virtually Online & Face-to-Face
- *We can host up to 250 individuals virtually.*
- *The meeting is scheduled for 1 hour but may last longer.*
- *There is no registration required.*
- *A moderator will let you into the "online room."*
- **Phone Number:** 786-701-6911
 - **PIN:** 246 726 641#
- **JOIN VIRTUALLY ONLINE** or use the **Google Meet Meeting ID:** kyz-tcyc-dym
 - **Password:** Not Required
- **Group's Contact:** James C. at info@syrpeer.org & +1 315-558-7920

Wednesday 5:30 PM - 7 PM, [PDT] — EA LA SHARE Group

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 854 8341 2754
 - **Password:** sharelove
- **Group's Contact:** Brent P. at brent.popham@yahoo.com & +1 310-871-7876

Wednesday 5:45 PM, [CDT] — Recovery is Real

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- ***Please contact the group for meeting details.***
- **Group's Contact:** Leah V. at ttttb2017@yahoo.com & +1 979-412-5035 (Ok to Text)
- **Group's Second Contact:** Christy S. at +1 979-492-9446 (**Text Only**)

Wednesday 7 PM, [EDT] — EA a Place of Healing

- **Program:** Zoom
- **Type of Group:** Virtually Online
- ***Please contact the group for meeting details.***
- **Group's Contact:** Tony N. at tonynewman98@yahoo.com & +1 404-453-0194

Wednesday 7 PM, [EDT] — EA Work IT 12 Step Series

- **The next 12-Step Series EA Work It: An Introduction to the Steps will begin on December 7th, 2022.**
- *If you are interested in joining this group when it begins again, please contact us and we will put you on the reminder email list. An email will be sent out to you a week before the series begins with details.*
- **Method: Specialized Group** (Does NOT Follow EAI's Meeting Format)
- **Program: Zoom**
- **Type of Group: Virtually Online**
- *A step will be explored each week (Except Step Four, which will take 4 weeks to explore). They will be using the workbook "A Guide for Working the 12 Steps of Emotions Anonymous" (#75). This workbook is available to purchase online or by calling the EAI office. This meeting uses a PowerPoint presentation. We will take turns reading the slides. No additional materials are needed.*
- *The meeting includes a meditation, the Serenity Prayer, an emotional check-in, the EA 12 Steps and Traditions, step reading, writing, and sharing. We will end with a step prayer. All are welcome for fellowship afterward. Fellow travelers will be encouraged to lead at least one meeting. Sign-ups will be scheduled during our first meeting.*
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID: 818 2587 7847**
 - **Password: workit**
- **Group's Contact: Ninfa L. at +1 607-273-3876 (Text Only)**
- **Group's Email: eaworkit2021@gmail.com**
- **Group's Second Contact: Matthew S. at +1 607-279-0128 (Text Only)**

Wednesday 7:30 PM, [EDT] (Winston-Salem, NC)

- **Program: Jitsi Meet**
- **Type of Group: Remotely by Phone & Virtually Online**
- **The group may resume meeting face-to-face again.*
- **INSTRUCTIONS ON HOW TO JOIN VIRTUALLY ONLINE OR BY PHONE**
- **Group's Contact: Liz G. at jama7378@gmail.com & +1 336-283-1758**

Wednesday 8 PM, [EDT] — Sanctuary for All

- **Program: Zoom**
- **Type of Group: Virtually Online**
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID: 606 481 0721**
 - **Password: metime2021**
- **Group's Contact: Caro W. at sanctuarynyc2021@gmail.com**

Wednesday 9 PM - 10 PM, [EDT]

- **This group starts meeting on October 19th, 2022.**
- **Method: Specialized Group** (Does NOT Follow EAI's Meeting Format)
- **Program: Zoom**
- **Type of Group: Remotely by Phone & Virtually Online**
- *It is optional for members to have the camera turned on.*

- *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 information at least 24-48 hours before the "meeting."**
- **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)

Wednesday 8 PM - 9 PM, [MDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Group Rules -**
 - 1) For safety and confidentiality the group asks that you be ON CAMERA at the beginning of the meeting. It allows the leader/host and other members to acknowledge and see you. You are welcome to turn off your camera once after the introduction.
 - 2) Please ensure others' identities are kept confidential, including all visual and audio aspects. Participants expect their identities to be protected when sharing.
 - 3) Once the sharing order is established and it comes to your turn, please either state if you wish to "pass" or begin reading (out loud) the literature that is shared on the screen.
 - 4) Please follow along so you are ready to start reading when it is your turn.
 - 5) The leader/host is not responsible to prompt or instruct you during meetings. Questions can be asked prior to the meeting by reaching out to the group's contacts or addressed at the end of the meeting.
 - 6) If a distraction/interruption (doing dishes, caring for children, other people entering your space, etc.) occurs the group would like you to leave the meeting and rejoin when you are able to participate fully.
- **Phone Number:** +1 312-626-6799 or **Find your local phone number**
 - **Participant's Access Code:** 245141722#
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 245 141 722
- **Group's Contact:** Richard L. at +1 250-814-3205
- **Group's Second Contact:** Lynda L. at eaedmonton@gmail.com

Wednesday 7 PM - 8:15 PM, [PDT] (Oakland, CA)

- **Program:** Zoom
- **Type of Group:** Hybrid: Remotely by Phone, Virtually Online & Virtually Online
- *It is optional for members to have the camera turned on.*
- *Please wait in the "waiting room" until the host lets you in.*
- **Phone Number:** +1 669-900-6833
 - **Participant's Access Code:** 9524174615#
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 952 417 4615
 - **Password:** Not Required
- **Group's Contact:** Dan S. at danjeffstrauss@gmail.com & +1 510-504-4765
- **Group's Second Contact:** Ange G. at georgeange20@gmail.com & +1 323-835-9993

Thursday 4 PM, [MDT] — Help is Here Thursday EA Group

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 851 8702 5377
- **Group's Contact:** Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 (Ok to Text)

Thursday 4 PM - 6 PM, [CDT] (Chicago, IL)

- **Type of Group:** Remotely by Phone
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 312-667-4792
 - **Participant's Access Code:** 279396#
- **Group's Contact:** Rick W. at richardw1944@sbcglobal.net & +1 773-504-4980

Thursday 5 PM - 6:15 PM, [CDT] — Utilizing Not Analyzing the Steps

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- *There is an optional meditation starting at 4:30 PM.*
- **Phone Number:** +1 646-931-3860 or **Find your local phone number**
 - **Participant's Access Code:** 148197#
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 892 8595 1319
 - **Passcode:** 148197
- **Group's Contact:** Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

Thursday 6:30 PM, [EDT] (Doylestown, PA)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 929-205-6099 or **Find your local phone number**
 - **Participant's Access Code:** 88217467517#
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 882 1746 7517
 - **Passcode:** 046035
- **Group's Contact:** Donna G. at Donna.Giordano@Lenapevf.org & +1 267-893-5071

Thursday 4 PM - 5:30 PM, [PDT] (Ukiah, CA)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 669-900-6833 or **Find your local phone number**
 - **Participant's Access Code:** 779586#
- *Join the meeting via Zoom at 3:45 for Newbies for assistance.*
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 229 971 6767
 - **Passcode:** 779586
- **Group's Contact:** Harvey B. at hbaumoel@sbcglobal.net & +1 707-391-1447

Thursday 7 PM - 8:15 PM, [PDT] (Sacramento, CA)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 922 343 325
 - **Passcode:** 12
- **Group's Contact:** Heidi M. at heidimathat@gmail.com

Thursday 7 PM, [EDT]

- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 712-451-0178 or **Find your local phone number**
(Click on "view list" next to the International Dial-in Numbers)
 - **Participant's Access Code:** 582467#
- **JOIN VIRTUALLY ONLINE** or use the **FreeConferenceCall Meeting ID:** [creativetv](https://www.freeconferencecall.com/join/creativetv)
- **Group's Contact:** Dottie S. at dottieschaffner@gmail.com & +1 978-851-412

Thursday 7:30 PM, [EDT] — EA Cuyahoga Falls, OH

- **Program:** Zoom
- **Type of Group:** Hybrid Meeting: Remotely by Phone, Virtually Online, and Face-to-Face
- *The Zoom room is open at 7 PM, ET, and the meeting will promptly start at 7:30 PM, ET.*
- **Phone Number:** +1 720-707-2699 or **Find your local phone number**
 - **Please contact the group for the Participant's Access Code.**
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 536 104 306
 - **Please contact the group before 5:30 PM, ET Thursdays for the passcode.**
- **Group's Contact:** emotionsanon@yahoo.com & +1 234-206-1232

Thursday 7 PM, [CDT] (West St. Paul, MN)

- **Type of Group:** Remotely by Phone
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 978-990-5189
 - **Participant's Access Code:** 194584#
- **Group's Contact:** John W. at Johnwerner52@gmail.com & +1 612-760-0313

Thursday 8 PM, [EDT] — EA Atlanta

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 847 0927 5117
 - **Passcode:** 419564
- **Group's Contact:** Shannon U. at saunderwood65@gmail.com & +1 346-248-7799

Thursday 10 PM, [EDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online

- **Please contact the group for meeting information.**
- **Group's Contact:** Scott K. at EAScottk@gmail.com & +1 774-277-1888

Thursday 7 PM - 8:15 PM, [PDT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 922 343 325
 - **Passcode:** 12
- **Group's Contact:** Heidi M. at heidimathat@gmail.com

Thursday 7:30 PM, [PDT] (Vancouver, BC Canada)

- **Program:** Paltalk App
- **Type of Group:** Remotely Online
- **The group may resume meeting face-to-face again.*
- **Please search for EA Vancouver approximately five minutes prior to the start time.**
- **Group's Contact:** Doug D. at atma2010@yahoo.ca & +1 604-688-4276

Thursday 8 PM, [PDT] (Culver City, CA)

- **Program:** Zoom
- **Type of Group:** Hybrid Meeting: Remotely by Phone, Virtually Online, and Face-to-Face
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 899 4007 0635
 - **Password:** sharelove
- **Group's Contact:** Hank K. at hjayk2@yahoo.com or +1 213-210-4912

Friday 10:30 AM - 12 PM (noon), [PDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details.**
- **Group's Contact:** Richard B. at balsamre@gmail.com & +1 310-857-4774
- **Group's Second Contact:** Cliff B. at cliffbrown@aol.com & +1 310-913-1210

Friday 11:30 AM, [EDT] (Providence, RI)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 929-205-6099
 - **Participant's Access Code:** 189758744#
- **JOIN VIRTUALLY ONLINE** or **Zoom Meeting ID:** 189 758 744
 - **Passcode:** 030583
- **Group's Contact:** John G. at johnthegman59@gmail.com & +1 401-419-1758

Friday 1:15 PM - 2:15 PM, [CDT] (Mesquite, TX)

- **Type of Group:** Remotely by Phone
- **The group may resume meeting face-to-face again.*

- **Phone Number:** +1 978-990-5065
 - **Participant's 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

Friday 1:40 PM, [CDT] — TGIF

- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 425-436-6369
 - **Participant's Access Code:** 823190#
- **Group's Contact:** Scott J. at Lidablue2@gmail.com & +1 507-276-0323

Friday 4 PM, [CDT] — Happy Hour Emotions Anonymous

- **Program:** Google Hangouts
- **Type of Group:** Virtually Online
- **Please contact the group to be emailed the meeting details.**
- **Group's Contact:** Brandy C. at brandyclicks@gmail.com

Friday 4 PM - 4:30 PM, [CDT] — EA Friday Micro Meeting

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- *There is a 15-minute meditation before the meeting from 3:45 PM - 4 PM.*
- **Phone Number:** +1 929-436-2866 or [Find your local phone number](#)
 - **Participant's Access Code:** 56304#
- [JOIN VIRTUALLY ONLINE](#) or use the **Zoom Meeting ID:** 848 8144 6966
 - **Passcode:** 56304
- **Group's Contact:** Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

Friday 6:30 PM, [EDT] (Atlanta, GA)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **The group may resume meeting face-to-face again.*
- **Phone Number:** +1 312-626-6799 or [Find your local phone number](#)
 - **Participant's Access Code:** 5394705128#
- [JOIN VIRTUALLY ONLINE](#) or use the **Zoom Meeting ID:** 539 470 5128
- **Group's Contact:** Cliff E. at cliffedge@att.net & +1 404-403-4353

Friday 7 PM, [CDT] (St. Paul, MN)

- **Type of Group:** Hybrid Meeting - Remotely by Phone & Face-to-Face
- **Participants will incur a charge of a penny per minute for the duration of the meeting.**
- *Everyone is welcome!*
- **Phone Number:** +1 240-591-0215
 - **Participant's Access Code:** 722360#
- **Group's Contact:** Paul W. at +1 651-402-6774

- **Group's Second Contact:** Faith J. at faithjohnson27@gmail.com

Friday 8 PM, [CDT] (Houston, TX)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please email houstoneaintergroup@gmail.com including your first name and email address to which the meeting details should be sent.**
- **Group's Contact:** Becky I. at Becky.issa@yahoo.com & +1 832-902-4736

Saturday 11:30 AM, [GMT] — Monthly Step Study

- **Method:** Specialized Group (*Does NOT Follow EAI's Meeting Format*)
- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Please contact the group for meeting details.**
- *The group uses A Guide to Working the Twelve Steps (item #75) during the meeting. Please purchase a copy online [here](#) or by contacting the EAI office.*
- **Group's Contact:** Karen G. at Karen.g7294@gmail.com & +44 7985 035125 (Ok to Text)
- **Group's Second Contact:** Anne H. at annehollis43@gmail.com

Saturday 10 AM, [PDT] (Bend, OR)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details before 9 AM, PT on Saturdays.**
- **Group's Contact:** David K. at eabendor@gmail.com & +1 954-562-8487

Saturday 10 AM, [PDT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group may resume meeting face-to-face again.*
- **Zoom Meeting ID:** 836 3907 9987
- **Password:** 4F4bvx
- **Group's Contact:** Chuck S. at staff@socal.rr.com & +1 714-915-6129

Saturday 11 AM, [PDT] (Vancouver, BC Canada)

- **Program:** Paltalk App
- **Type of Group:** Remotely Online
- **The group may resume meeting face-to-face again.*
- **Please search for EA Vancouver approximately five minutes prior to the start time.**
- **Group's Contact:** Pam M. at eavancouver@hotmail.ca & +1 778-394-0400

Saturday 11:30 AM, [MDT] — Help is Here Saturday Group

- **Program:** Zoom
- **Type of Group:** Virtually Online

- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID: 847 6422 8754**
 - **Password:** Not Required
- **Group's Contact:** Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 (Ok to Text)

Saturday 9:30 AM, [EDT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- ***Please contact the group for meeting details.***
- **Group's Contact:** Kathleen T. at kathleentrefethen@gmail.com

Saturday 10 AM, [CDT] — Maximum Service (Champaign, IL)

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- ***Please email EAMaximumService@gmail.com for the Zoom link at least one hour before the meeting starts.***
- *If you're joining us for the first time, please log in to the Zoom 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

Saturday 1:15 PM - 1:30 PM, [CDT] (Mesquite, TX)

- **Type of Group:** Remotely by Phone
- *Mini EA Meeting*
- **Phone Number:** +1 978-990-5065
 - **Participant 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

Saturday 3 PM, [EDT] — SmallSteps

- ***Please contact the group for information and further instructions.***
- **Program:** Skype
- **Type of Group:** Remotely Online
- *This meeting has an audio component only.*
- **Group's Contact:** Rory S. at easmallsteps@gmail.com

Saturday 3:30 PM - 4:30 PM, [EDT] —

Welcoming the Spiritual Awakening Within Me Study Group

- **Method:** **Specialized Group** (*Does NOT Follow EAI's Meeting Format*)
- **Type of Group:** Remotely by Phone
- *This group uses the Welcoming the Spiritual Awakening Within Me Workbook (Item #83). It is recommended to have your own workbook. You can purchase one online [here](#) or by contacting the EAI office.*

- **Phone Number:** +1 605-313-4162
 - **Participant's Access Code:** 181510#
- **Group's Contact:** Elana P. at greatfulg6@gmail.com & +1 618-771-9655
- **Group's Second Contact:** Yvonne P. at yvonneptoday@gmail.com & +1 503-490-5186

Saturday 2 PM, [PDT]

- **Method:** Specialized Group (*Does NOT Follow EAI's Meeting Format*)
- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Literature Study Group**
- **JOIN VIRTUALLY ONLINE** or use the **Zoom Meeting ID:** 922 343 325
 - **Passcode:** 12
- **Group's Contact:** Helga at FrustratedGoddess@gmail.com

Saturday 7 PM, [EDT]

- **Program:** Zoom
- **Method:** Virtually Online
- **Zoom Meeting ID:** 834 1790 1642
- **Password:** 756YAw
- **Group's Contact:** Adaline W-R. at adaline51@gmail.com & +1 517-219-3376

Saturday 8 PM, [EDT]

- **Special Interests:** Emotional Addiction, Trauma & Co-Dependency
- **Program:** Zoom
- **Type of Group:** Virtually Online
- ***Please contact the group for meeting details.***
- **Group's Contact:** Mike K. at mikeka61@gmail.com & +1 301-442-9883