

## Remote & Virtual EA Meetings Listed By The Meeting Day - Current as of May 1, 2023

There are no fees from EAI to participate in meetings. Donations are encouraged per EA's 7th Tradition. Pass the virtual basket and make an online donation at <https://emotionsanonymous.org/donate.html>.

**\*Some phone carriers will charge you per minute.** We suggest you check with your phone carrier, especially if you are joining a meeting for the first time. **If you are outside of the hosting country and are joining by phone, long-distance calling rates may apply.\***

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### Daily Sunday-Saturday 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
  - **Phone Access Code:** 56304#
- **Lookup your local phone number:** <https://us02web.zoom.us/j/89387918915?pwd=WE5rK2UreGQ2b1IsMjhGUxBKTU5qdz09>
- **Link:** <https://us02web.zoom.us/j/89387918915?pwd=WE5rK2UreGQ2b1IsMjhGUxBKTU5qdz09>
- **Zoom Meeting ID:** 893 8791 8915
  - **Online Passcode:** 56304
- **Group's Contact:** Kathleen E. at [kathleene.engel@gmail.com](mailto:kathleene.engel@gmail.com) & +1 320-267-2040 (Ok to Text)
- **Group's Second Contact:** Tom T. at [teed.tom@gmail.com](mailto:teed.tom@gmail.com)

### 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
  - **Phone Access Code:** Not Required
- **Alternative Phone Number:** +1 267-876-3950
  - **Phone Access Code:** 3014271#
- **Group's Contact:** Patti F. at +1 781-243-9738

### Daily Sunday-Saturday 8 PM - 9 PM, [EDT] — Online Chatzy 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.*
- **Link:** <http://www.chatzy.com/eanon>
- **Group's Contact:** Ben F. at [bfoley147351ip@hotmail.com](mailto:bfoley147351ip@hotmail.com) & +1 413-447-9305

### Sunday 8 AM, [PDT]

- *This meeting only has an audio component.*
- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 718-362-6360
  - **Phone Access Code:** 1813110#

- **Group's Contact:** Barbara M.-C. at [bmayclark@gmail.com](mailto: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
  - **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](mailto:heidimathat@gmail.com)

### **Sunday 9 AM - 10 AM, [PDT]**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Please contact the group for meeting details at least 24-48 hours before the meeting.**
- **Group's Contact:** Tommy G. at [tommygrant1964@gmail.com](mailto:tommygrant1964@gmail.com) & +1 626-376-8293
- **Group's Second Contact:** Jessie G. at [jessiegrant026@gmail.com](mailto: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 at least 24-48 hours before the meeting.**
- **Group's Contact:** Maria W. at [mariarvwhite@gmail.com](mailto:mariarvwhite@gmail.com)
- **Group's Second Contact:** Christopher G. at [christopher@douaiabbey.org.uk](mailto: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 at least 24-48 hours before the meeting.**
- **Group's Contact:** Manny R. at [eagroupmeet@aol.com](mailto: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 3:30 PM, [EDT] — BIPOC of EA**

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

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **This group is for people 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. Some may prefer to identify as members of the Global Majority.\**
- In this sacred space, members can share without fear of retaliation or judgment.
- **Link:** <https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aERHenI5NkY3Zz09>
- **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:** 825 8861 3001#
    - **Phone Access Code:** 850906#
- **Group's Email:** [BIPOCofEA@gmail.com](mailto:BIPOCofEA@gmail.com)

### **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.*
- **Zoom Meeting ID:** 745 746 7707
  - **Online Password:** Joy
- **Phone Number:** +1 978-990-5033

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Phone Access Code:** 7457467707#

- **Phone Passcode:** 441136#

- **Group's Contact:** Jennifer P. at +1 716-418-6713 (Text Only)

### Sunday 5:30 PM, [CDT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Link:** <https://us04web.zoom.us/j/4604771285?pwd=WWR5K3lrOU1yTmVvV2hIOWN6endHdz09>
- **Zoom Meeting ID:** 460 477 1285
  - **Online Passcode:** 583374
- **Group's Contact:** Lynne S. at [lynnesmith50@hotmail.com](mailto: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.*
- **Link:** <https://us02.web.zoom.us/j/84096624135?pwd=NlplSWJoZDcxI2FidzU2OWZpV2xNUT09>
- **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](mailto:jacelder@gmail.com) & +1 708-491-7609 (Ok to Text)
- **Group's Second Contact:** Quinn K. at [gpk16@sbcglobal.net](mailto:gpk16@sbcglobal.net) & +1 708-822-5406 (Ok to Text)

### Sunday 5:30 PM - 7 PM, [CDT] — EA Crazy Group

- **Program:** FreeConferenceCall (FCC)
- **Type of Group:** Remotely by Phone
- *\*The group may resume meeting face-to-face again.*
- **Phone Number:** +1 667-770-1402
  - **Phone Access Code:** 9016724#
- **Group's Contact:** Janel W. at [wes\\_nel@yahoo.com](mailto:wes_nel@yahoo.com) & +1 773-507-8062 (Ok to Text)
- **Group's Second Contact:** Bernadette F. at [msnernik11@gmail.com](mailto:msnernik11@gmail.com) & +1 773-607-9108 (Ok to Text)

### Sunday 7 PM, [EDT] — Acceptance & Serenity

- **Program:** FreeConferenceCall (FCC)
- **Type of Group:** Virtually Online & Remotely by Phone
- **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:** Greta O. at [ogagreta@gmail.com](mailto:ogagreta@gmail.com) & +1 734-383-8840

EAI recommends using the list and then verifying the information with the group's contact(s).

### **Sunday 6:30 PM - 7:30 PM, [MDT] — Boulder, CO EA Group** (Boulder, CO)

- All Are Welcome!
- This group is only meeting on Zoom on April 16th, 23rd, and 30th. The ability to attend face-to-face will resume on May 7th.
- **Program:** Zoom
- **Type of Group:** Hybrid - Remotely by Phone, Virtually Online & Face-to-Face
- **Link:** <https://us02web.zoom.us/j/83826734484?pwd=V2VsTUpiOEV0U3lyblZbjlCc05qdz09>
- **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](mailto: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.*
- **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](mailto: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 at least 24-48 hours before the meeting starts for the meeting details.*
- **Group's Contact:** Mike K. at [mikeka61@gmail.com](mailto:mikeka61@gmail.com) & +1 301-442-9883

### **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 at least 24-48 hours before the meeting starts for the meeting details.*
- **Group's Contact:** David K. at [eabendor@gmail.com](mailto:eabendor@gmail.com) & +1 954-562-8487

### **Monday 12 PM, [CDT]**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Link:** <https://us02web.zoom.us/j/82698636026?pwd=L3RCcnY3ZmdvSUhGeE1sMVI4Skpadz09>
- **Zoom Meeting ID:** 826 9863 6026

*EAI recommends using the list and then verifying the information with the group's contact(s).*

○ **Online Passcode:** 835365

- **Group's Contact:** Shawna F. at [dakotae966@gmail.com](mailto:dakotae966@gmail.com) & +1 701-552-1083

### **Segunda-feira 18:30, [GMT] — Caminhar em Esperança**

- **Linguagem:** Português
- **Programa:** Skype
- **Tipo de grupo:** Virtualmente Online
- É OBRIGATÓRIO que os participantes estejam com a câmera ligada.
- **Entre em contato com o grupo para obter detalhes da reunião pelo menos 24 a 48 horas antes da reunião.**
- **Contato do Grupo:** Sérgio F. a [emocionais.a.lisboa@gmail.com](mailto:emocionais.a.lisboa@gmail.com) & +351 966912091 (OK para o texto)
- **Segundo Contato do Grupo:** Lídia L. a [emocionais.a.lisboa@gmail.com](mailto:emocionais.a.lisboa@gmail.com) & +351 964375499 (OK para o texto)

### **Monday 1:15 PM - 1:45 PM, [CDT]**

- *This meeting has an audio component only.*
- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- *Mini EA Meetings*
- **Phone Number:** +1-978-990-5065
  - **Phone Access Code:** 391049#
- **Group's Contact:** Mary Alice R. at [marichwit@gmail.com](mailto:marichwit@gmail.com) & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

### **Monday 7:30 PM, [GMT +1] — Nottingham Online**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 525 442 2635
  - **Online Passcode:** 279962
- **Group's Contact:** Mala A. at [mala.james14@gmail.com](mailto:mala.james14@gmail.com) & +44 7985644719

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

- **Special Interests:** Newcomers Welcome!
- **Program:** Zoom
- **Type of Group:** Virtually Online
- *\*The group may start meeting face-to-face.*
- *This group does not allow observation for academic reasons.*
- *Newcomer focus - all EA Members are welcome!*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Lor S. at [eanewcomercalgary@gmail.com](mailto:eanewcomercalgary@gmail.com)

### **Monday 5:30 - 6:30 PM, [EDT] (Fall River, MA)**

- **Program:** Zoom

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- **Zoom Meeting ID:** 872 8643 1564
- **Online Passcode:** Not Required
- **Group's Contact:** John G. at [johnthegman59@gmail.com](mailto:johnthegman59@gmail.com) & +1 401-419-1758
- **Group's Second Contact:** Thomas R. at +1 508-567-5086

#### 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
  - **Phone Access Code:** 3540536#
- **Group's Contact:** Scott J. at [lidablue2@gmail.com](mailto: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
  - **Phone Access Code:** 181510#
- **Group's Contact:** Scott J. at [lidablue2@gmail.com](mailto:lidablue2@gmail.com) & +1 507-276-0323

#### Monday 6:30 PM, [EDT]

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

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

- **Idioma:** Español
- **Programa:** Zoom
- **Tipo de Grupo:** Virtualmente en línea
- **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)

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

- **Program:** Google Meet
- **Type of Group:** Virtually Online
- *\*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.**

EAI recommends using the list and then verifying the information with the group's contact(s).



- **Group's Contact:** Jeff P. at [jip32059@gmail.com](mailto:jip32059@gmail.com) & +1 234-320-2570

### Monday 7 PM, [EDT] — Fayette County, GA EA Group

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 929 205 6099
  - **Phone Access Code:** 023177#
- **Zoom Meeting ID:** 882 1389 2047
  - **Online Passcode:** 023177
- **Group's Contact:** Dede Y. at [pastordede30@gmail.com](mailto:pastordede30@gmail.com) & +1 770-716-7651

### Monday 6:30 PM, [CDT] — Recovery is Real Monday Night

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Method:** *Specialized Group (Does NOT Follow EAI's Meeting Format)*
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **The group reads from EA materials and discusses what was read.**
- **Group's Contact:** Leah V. at [ttttb2017@yahoo.com](mailto:ttttb2017@yahoo.com) & +1 979-412-5035 (Ok to Text)
- **Group's Second Contact:** Christy E. at [bet00chan05@gmail.com](mailto:bet00chan05@gmail.com) & +1 979-492-9446 (Ok to Text)

### Monday 7:30 PM, [EDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 646-931-3860
  - **Phone Access Code:** 296974#
- **Find your local phone number:** <https://us02web.zoom.us/j/85761791601?pwd=UTdhQnd6Vjh6VW9EeDIzVEw3R0hjdz09>
- **Link:** <https://us02web.zoom.us/j/85761791601?pwd=UTdhQnd6Vjh6VW9EeDIzVEw3R0hjdz09>
- **Zoom Meeting ID:** 857 6179 1601
  - **Online Password:** EA732
- **Group's Contact:** Brian W. at [eabrooklynngroup@gmail.com](mailto: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 at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Kathryn S. at [annarboremotionsanonymous@gmail.com](mailto:annarboremotionsanonymous@gmail.com) & +1 734-926-8667 (Ok to Text)

### Monday 7:30 PM, [EDT] (Vienna, VA)

- **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
  - **Phone Access Code:** 74972189018#

*EAI recommends using the list and then verifying the information with the group's contact(s).*



- **Find your local phone number:** <https://us02web.zoom.us/j/74972189018>
- **Link:** <https://us02web.zoom.us/j/74972189018>
- **Zoom Meeting ID:** 749 7218 9018
  - **Online Passcode:** 625845
- **Group's Contact:** Scherrone D. at [scherrone1@verizon.net](mailto:scherrone1@verizon.net) & +1 703-522-7862

#### **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.*
- **Link:** <https://zoom.us/j/94610092527?pwd=SUFAeGhLR0FLS3o3UVIwZWVE0VUZhZz09>
- **Zoom Meeting ID:** 946 1009 2527
  - **Online Passcode:** 247365
- **Group's Contact:** Kelsey W. at [knlweez@gmail.com](mailto:knlweez@gmail.com) & +1 618-334-6658

#### **Monday 5:30 PM, [PDT] (Los Angeles, CA)**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *The group may resume meeting face-to-face again.*
- **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](mailto:brent.popham@yahoo.com) & +1 310-871-7876

#### **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 the group operates.*
- *\*The group may resume meeting face-to-face again.*
- **Zoom Meeting ID:** 893 2871 3824
  - **Online Password:** **Please contact the group for information at least 24-48 hours before the meeting starts.**
- **Group's 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
  - **Phone Access Code:** 215353#
- **Group's Contact:** Steve B. at [stevebell\\_28@yahoo.com](mailto:stevebell_28@yahoo.com) & +1 909-438-4938

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

- **Program:** Zoom

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Type of Group:** Remotely by Phone & Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Phone Number:** +1 669-900-6833
  - **Phone Access Code:** 779586#
- **Find your local phone number:** <https://us02web.zoom.us/j/kdHnS7OmrT>
- **Link:** <http://us02web.zoom.us/j/2299716767?pwd=UDJWMlBoYnpqNWExaDN0cUk4eS9OUT09//>
- **Zoom Meeting ID:** 229 971 6767
  - **Online Passcode:** 779586
- **Group's Contact:** Harvey B. at [hbaumoel@sbcglobal.net](mailto: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:** +1 305-224-1968
  - **Phone Access Code:** 81378126600#
- **Link:** <https://us06web.zoom.us/j/81378126600>
- **Zoom Meeting ID:** 813 7812 6600
  - **Online Password:** Not Required
- **Group's Contact:** Karen G. at [kjmgratton@gmail.com](mailto:kjmgratton@gmail.com) & +1 948-400-7147 (Ok to Text)
- **Group's Second Contact:** Jerry R. at [jerry212@gmail.com](mailto:jerry212@gmail.com)

**Tuesday 1:15 PM - 1:45 PM, [CDT]**

- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- *Mini EA Meeting*
- **Phone Number:** +1 978-990-5065
  - **Phone Access Code:** 391049#
- **Group's Contact:** Mary Alice R. at [marichwit@gmail.com](mailto:marichwit@gmail.com) & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

**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
  - **Phone Access Code:** 5394705128#
- **Find your local phone number:** <https://us04web.zoom.us/j/fx16VyOH1>
- **Link:** <https://us04web.zoom.us/j/5394705128>
- **Zoom Meeting ID:** 539 470 5128
- **Group's Contact:** Cliff E. at +1 404-403-4353

**Tuesday 6:30 PM, [EDT]**

- **Program:** FreeConferenceCall

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Type of Group:** Remotely by Phone
- **Please contact the group before 6 PM, ET on Tuesdays for the meeting details.**
- **Group's Contact:** Paul N. at [aibtikarfoundation@gmail.com](mailto: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
  - **Phone Access Code:** 7586320810#
    - **Phone Passcode:** 215791#
- **Find your local phone number:** <https://us04web.zoom.us/j/7586320810>
- **Link:** <https://us04web.zoom.us/j/7586320810>
- **Zoom Meeting ID:** 758 632 0810
  - **Online Password:** EAglles
- **Group's Contact:** Michael J. at [mjohnson3@cox.net](mailto: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 at least 24-48 hours before the meeting starts for the meeting details.**
- *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, [EDT] (Niagara Falls, ON Canada)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting.**
- **Group's Contact:** Chris K. at [frchriskulig1@hotmail.com](mailto:frchriskulig1@hotmail.com)

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

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

#### Tuesday 7 PM, [CDT] — EA Abilene

- **Program:** Facebook Messenger
- **Type of Group:** Remotely Online
- **Link:** <https://www.facebook.com/>
- To access the meeting please search [ea.abilenetx@gmail.com](mailto:ea.abilenetx@gmail.com) or EA Abilene on Facebook to "friend" the group or simply direct message EA Abilene.

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Group's Contact:** Jess L. at [ea.abilenetx@gmail.com](mailto:ea.abilenetx@gmail.com) & +1 325-668-0274 (Ok to Text)
- **Group's Second Contact:** Brenda C. at [brencinna@yahoo.com](mailto:brencinna@yahoo.com) & +1 325-307-8569

**Tuesday 7 PM - 7:30 PM, [CDT] — Apple Valley Chapter** ([Burnsville \[Apple Valley\], MN](#))

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *This group continues the meeting locally at 7:30 PM, CT.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Joyce T. at [jtrine@aol.com](mailto:jtrine@aol.com) & +1 952-431-1145
- **Group's Second Contact:** Dave Q. at [quastde62@gmail.com](mailto:quastde62@gmail.com) & +1 651-434-0162

**Tuesday 8 PM - 9 PM, [EDT] — Big Boys Do Cry**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **This is a group for men only.**
- **Link:** <https://us02web.zoom.us/j/75354382849>
- **Zoom Meeting ID:** 753 5438 2849
  - **Online Password:** **Please contact the group for information at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Yehuda A. at [eabigboysdocry@gmail.com](mailto:eabigboysdocry@gmail.com) & +1 516-418-6748

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

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **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 [houstonaintergroup@gmail.com](mailto:houstonaintergroup@gmail.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
  - **Phone Access Code:** 7586320810#
    - **Phone Passcode:** 215791
- **Find your local phone number:** <https://us04web.zoom.us/j/fcKTWYgjjB>
- **Link:** <https://us04web.zoom.us/j/7586320810>
- **Zoom Meeting ID:** 758 632 0810
  - **Online Password:** EAges
- **Group's Contact:** Michael J. at [mjohnson3@cox.net](mailto:mjohnson3@cox.net) & +1 760-644-8366

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

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

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- *\*The group may resume meeting face-to-face again.*
- **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](mailto:bmayclark@gmail.com) & +1 916-743-8134

#### **Tuesday 7 PM - 8 PM, [PDT] — EA at Williams Lake**

- **Program:** FreeConferenceCall
- **Type of Group:** Virtually Online
- **Link:** <http://www.williamslake.org/>
- **Group's Contact:** Kurt G. at [ea@williamslake.org](mailto:ea@williamslake.org)

#### **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 at least 24-48 hours before the meeting starts.**
- **Group's Contact:** David K. at [eabendor@gmail.com](mailto:eabendor@gmail.com) & +1 954-562-8487

#### **Wednesday 11 AM - 12 PM (Noon), [PDT] (Garden Grove, CA)**

- **Program:** Zoom
- **Type of Group:** Hybrid - Remotely by Phone, Virtually Online & Face-to-Face
- *It is optional for members to have the camera turned on.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Dan V. at [dan@peervoices.org](mailto:dan@peervoices.org) & +1 949-246-2702 (Ok to Text)

#### **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
  - **Online Passcode:** 336600
- **Group's Contact:** Leeann C. at +1 530-841-0810
- **Group's Second Contact:** Virginia S. at [vschnepp@nvcss.org](mailto:vschnepp@nvcss.org)

#### **Wednesday 11 AM - 12 PM, [EDT] — Emotions Anonymous Rhode Island (Providence, RI)**

- **Program:** Zoom
- **Type of Group:** Hybrid - Remotely by Phone, Virtually Online & Face-to-Face
- **Phone Number:** +1 646-558-8656 or
  - **Phone Access Code:** 526339#
- **Find your local phone number:** <https://us02web.zoom.us/j/85302961525?pwd=dGxJcGZHK0Z3cmI4Z3JDbmE5L1NLZz09>
- **Link:** <https://us02web.zoom.us/j/85302961525?pwd=dGxJcGZHK0Z3cmI4Z3JDbmE5L1NLZz09>
- **Zoom Meeting ID:** 853 0296 1525
  - **Online Password:** ea11am
- **Group's Contact:** John G. at [johnthegman59@gmail.com](mailto:johnthegman59@gmail.com) & +1 401-419-1758

*EAI recommends using the list and then verifying the information with the group's contact(s).*

### Wednesday 7:30 PM - 8:30 PM, [GMT +1] — London Online

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 495 554 1514
  - **Online Password:** Not Required
- **Group's Contact:** Martin at [emotionsanonymousinthecity@gmail.com](mailto:emotionsanonymousinthecity@gmail.com)

### Wednesday 1:15 PM - 1:45 PM, [CDT]

- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- *Mini EA Meeting*
- **Phone Number:** +1 978-990-5065
  - **Phone Access Code:** 391049#
- **Group's Main Contact:** Mary Alice R. at [marichwit@gmail.com](mailto:marichwit@gmail.com) & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

### 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.*
- **Link:** <https://us02web.zoom.us/j/85483412754?pwd=dVhBaXJ4TVdiUUdaelNYK2cyWU10UT09>
- **Zoom Meeting ID:** 854 8341 2754
  - **Online Password:** sharelove
- **Group's Contact:** Brent P. at [brent.popham@yahoo.com](mailto:brent.popham@yahoo.com) & +1 310-871-7876

### Wednesday 5:45 PM, [CDT] — Recovery is Real ([Hearne, TX](#))

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Leah V. at [ttttb2017@yahoo.com](mailto: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 at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Tony N. at [tonynewman98@yahoo.com](mailto:tonynewman98@yahoo.com) & +1 404-453-0194

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

- **The next EA Work It 12-Step Series will begin on April 26, 2023.**
- *If you are interested in joining this group when it begins again, please contact the group and they will put you on the reminder email list. An email will be sent out to you a week before the series begins with details.*

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Method:** *Specialized Group* (Does NOT Follow EAI's Meeting Format)
- **Special Interests:** Introduction to the 12 Steps
- **Program:** Zoom
- **Type of Group:** Virtually Online
- *A step will be explored each week (Except for Step One which will take 2 weeks and Step Four, which will take 4 weeks followed by the 12 Steps Reflections at the end). The group will be using the first part of the workbook titled, "EA's 12 x 12 (aka EA's 12 by 12) [Item #12]. This workbook is available to purchase online or by calling the EAI office at +1 651-647-9712.*
- *This meeting uses a PowerPoint presentation. You 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. The meeting will end with a step prayer. All are welcome for fellowship afterward. Fellow members will be encouraged to lead at least one meeting.*
- **Link:** <https://us02web.zoom.us/j/81825877847?pwd=ci9aY1hFQ0FaUnV1dm9QZ2tJSEs4Zz09>
- **Zoom Meeting ID:** 818 2587 7847
  - **Online Password:** workit
- **Group's Contact:** Ninfia L. at +1 607-273-3876 (Text Only)
- **Group's Email:** [eaworkit2021@gmail.com](mailto: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.*
- **Link to Instructions on How to Join:** <http://www.triadea.org/>
- **Group's Contact:** Liz G. at [jama7378@gmail.com](mailto:jama7378@gmail.com) & +1 336-283-1758

#### **Wednesday 8 PM, [EDT] — Sanctuary for All**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **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](mailto:sanctuarynyc2021@gmail.com)

#### **Wednesday 8 PM, [EDT]**

- **Method:** *Specialized Group* (Does NOT Follow EAI's Meeting Format)
- **Special Interests:** #83 Workbook Study Group
- **Program:** Zoom
- **Type of Group:** Virtually Online
- *It is requested that members have the camera turned on but not required.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Mike K. at [mikeka61@gmail.com](mailto:mikeka61@gmail.com) & +1 301-442-9883

*EAI recommends using the list and then verifying the information with the group's contact(s).*



### Wednesday 9 PM - 10 PM, [EDT]

- **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 meeting details at least 24-48 hours before the "meeting" starts.**
- **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 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
  - **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 [danjeffstrauss@gmail.com](mailto:danjeffstrauss@gmail.com) & +1 510-504-4765
- **Group's Second Contact:** Ange G. at [georgeange20@gmail.com](mailto:georgeange20@gmail.com) & +1 323-835-9993

### Wednesday 10 PM - 11 PM, [PDT] — EA at Williams Lake

- **Program:** FreeConferenceCall
- **Type of Group:** Virtually Online
- **Link:** <http://www.williamslake.org/>
- **Group's Contact:** Kurt G. at [ea@williamslake.org](mailto:ea@williamslake.org)

### Thursday 1:15 PM - 1:45 PM, [CDT]

- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone
- *Mini EA Meeting*
- **Phone Number:** +1 978-990-5065
  - **Phone Access Code:** 391049#
- **Group's Main Contact:** Mary Alice R. at [marichwit@gmail.com](mailto:marichwit@gmail.com) & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

### 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
  - **Phone Access Code:** 279396#

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Group's Contact:** Rick W. at [richardw1944@sbcglobal.net](mailto:richardw1944@sbcglobal.net) & +1 773-504-4980

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

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **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](mailto:danaleesfnm@hotmail.com) & +1 505-310-0312 (Ok to Text)

#### 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
  - **Phone Access Code:** 148197#
- **Find your local phone number:** <https://us02web.zoom.us/j/89285951319?pwd=ZGpKaYyZjRsblBySkZUdFU5YVZWdz09>
- **Link:** <https://us02web.zoom.us/j/89285951319?pwd=ZGpKaYyZjRsblBySkZUdFU5YVZWdz09>
- **Zoom Meeting ID:** 892 8595 1319
  - **Online Passcode:** 148197
- **Group's Contact:** Kathleen E. at [kathleene.engel@gmail.com](mailto:kathleene.engel@gmail.com) & +1 320-267-2040 (Ok to Text)

#### Thursday 6:30 PM, [EDT] — Lenape Valley Foundation EA Group (Doylestown, PA)

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Phone Number:** +1 309-205-3325
  - **Phone Access Code:** 578196#
- **Find your local phone number:** <https://lenapevf.zoom.us/j/86497363732?pwd=OG1DRUw4c243WHdsMnczUGFRS2FiUT09>
- **Link:** <https://lenapevf.zoom.us/j/86497363732?pwd=OG1DRUw4c243WHdsMnczUGFRS2FiUT09>
- **Zoom Meeting ID:** 864 9736 3732
  - **Online Passcode:** 578196
- **Group's Contact:** Donna G. at [donna.giordano@lenapevf.org](mailto:donna.giordano@lenapevf.org) & +1 267-893-5071
- **Group's Second Contact:** Mike J. at [stinkybait49@yahoo.com](mailto:stinkybait49@yahoo.com) & +1 610-761-0019

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

- *Join the meeting via Zoom at 3:45 PM for newcomer assistance.*
- **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
  - **Phone Access Code:** 779586#
- **Find your local phone number:** <https://us02web.zoom.us/j/2299716767?pwd=UDJWMIBoYnpqNWExaDN0cUk4eS9OUT09>
- **Link:** <https://us02web.zoom.us/j/2299716767?pwd=UDJWMIBoYnpqNWExaDN0cUk4eS9OUT09>

EAI recommends using the list and then verifying the information with the group's contact(s).

- Zoom Meeting ID: 229 971 6767
  - Online Passcode: 779586
- Group's Contact: Harvey B. at [hbaumoel@sbcglobal.net](mailto: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.*
- 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](mailto:heidimathat@gmail.com)

#### Thursday 7 PM, [EDT]

- Program: FreeConferenceCall
- Type of Group: Remotely by Phone & Virtually Online
- 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")
- Link: <https://www.freeconferencecall.com/wall/creativeis>
- FreeConferenceCall Meeting ID: [creativesis](https://www.freeconferencecall.com/wall/creativeis)
  - Online Password: Not Required
- Group's Contact: Dottie S. at [dottieschaffner@gmail.com](mailto:dottieschaffner@gmail.com) & +1 978-851-4122

#### Thursday 7:30 PM, [EDT] — EA - Take It Or Leave It (Cuyahoga Falls, OH)

- Program: Zoom
- Type of Group: Hybrid Meeting: Remotely by Phone, Virtually Online, and Face-to-Face
- This is a hybrid group; accessible locally in person as well as remotely by phone and virtually online through Zoom.
- *The Zoom Room opens at 7 PM, ET so the meeting can start on time.*
- Phone Number: +1 720-707-2699
  - Phone Passcode: **Please contact the group at least 2 hours before the meeting starts for information.**
- Find your local phone number:  
[https://zoom.us/zoomconference?u=xgFtF4nvn1GeL0-1q-xc01xB6hnO2\\_mOEA5Ch4u-xYY&x\\_zm\\_rtaid=aAkzVx-NRvu7yQgoDABuPw.1615930688007.83af3de2796674c0fc7304b9549a9754&x\\_zm\\_rhtaid=63](https://zoom.us/join?url=https://zoom.us/zoomconference?u=xgFtF4nvn1GeL0-1q-xc01xB6hnO2_mOEA5Ch4u-xYY&x_zm_rtaid=aAkzVx-NRvu7yQgoDABuPw.1615930688007.83af3de2796674c0fc7304b9549a9754&x_zm_rhtaid=63)
- 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.**
- Group's Main Contact: [emotionsanon@yahoo.com](mailto:emotionsanon@yahoo.com) & +1 234-206-1232
- Group's Second Contact: Dan J. at +1 330-388-4597

EAI recommends using the list and then verifying the information with the group's contact(s).

#### Thursday 5 PM - 6 PM, [PDT]

- **Special Interests:** Women's Only Group
- **Type of Group:** Remotely by Phone
- *Women's only group.*
- **Phone Number:** +1 604-681-0262
  - **Phone Access Code:** 9843044#
- **Group's Contact:** Rachel V. H. at [rsteph007@gmail.com](mailto:rsteph007@gmail.com)

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

- **Type of Group:** Remotely by Phone
- *\*The group may resume meeting face-to-face.*
- **Phone Number:** +1 978-990-5189
  - **Phone Access Code:** 194584#
- **Group's Contact:** John W. at [johnwerner52@gmail.com](mailto:johnwerner52@gmail.com) & +1 612-760-0313

#### Thursday 7 PM, [EST] (Herndon, VA)

- **Program:** Zoom
- **Type of Group:** Hybrid - Remotely by Phone, Virtually Online & Face-to-Face
- This is a hybrid group; accessible locally in person as well as remotely by phone and virtually online through Zoom.
- **Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**
- **Group's Contact:** Soni W. at [soni.weiss@gmail.com](mailto:soni.weiss@gmail.com) & +1 703-264-5848

#### Thursday 8 PM, [EDT] — EA Atlanta

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

#### Thursday 8:30 PM, [EDT]

- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 646-744-7993
  - **Phone Access Code:** Not Required
- **Group's Contact:** Anita K. at [anitakoffler@gmail.com](mailto:anitakoffler@gmail.com) & +1 646-744-7993
- **Group's Second Contact:** Sharon P. at [outofthebullpen@gmail.com](mailto:outofthebullpen@gmail.com) & +1 347-752-2198

#### Thursday 10 PM, [EDT]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **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](mailto:eascottk@gmail.com) & +1 774-277-1888

*EAI recommends using the list and then verifying the information with the group's contact(s).*

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

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **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](mailto: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](mailto:atma2010@yahoo.ca) & +1 604-688-4276

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

- **Program:** Zoom
- **Type of Group:** Hybrid Meeting: Virtually Online & Face-to-Face
- **Link:** <https://us02web.zoom.us/j/89940070635?pwd=YXpGdXIsOVBDZWltdWMYSG1sQ1pXUT09>
- **Zoom Meeting ID:** 899 4007 0635
  - **Online Password:** sharelove
- **Group's Contact:** Hank K. at [hjayk2@yahoo.com](mailto:hjayk2@yahoo.com) or +1 213-210-4912

### Thursday 10 PM - 11 PM, [PDT] — EA at Williams Lake

- **Program:** FreeConferenceCall
- **Type of Group:** Virtually Online
- **Link:** <http://www.williamslake.org/>
- **Group's Contact:** Kurt G. at [ea@williamslake.org](mailto:ea@williamslake.org)

### 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 at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Richard B. at [balsamre@gmail.com](mailto:balsamre@gmail.com) & +1 310-857-4774
- **Group's Second Contact:** Cliff B. at [cliffbrown@aol.com](mailto:cliffbrown@aol.com) & +1 310-913-1210

### Friday 10:30 AM - 12 PM (Noon), [PDT] (Woodland Hills, CA)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Zoom Meeting ID:** 307 008 9039
  - **Online Password:** serenity
- **Group's Contact:** Rebecca C. at [rscs-gps@msn.com](mailto:rscs-gps@msn.com) & +1 818-609-9843

*EAI recommends using the list and then verifying the information with the group's contact(s).*

**Friday 11:30 AM, [EDT] — EA Rhode Island** (Providence, RI)

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- The meeting starts at 11:30 AM, ET please be prompt.
- **Zoom Meeting ID:** 861 9661 8454
  - **Online Passcode:** 566516
- **Group's Contact:** John G. at [johnthegman59@gmail.com](mailto:johnthegman59@gmail.com) & +1 401-419-1758

**Friday 7 PM - 8 PM, [GMT +1] —Friday Night Online**

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 313 401 7970
  - **Online Password:** Not Required
- **Group's Contact:** Jason S. at [eafridaynightonline@gmail.com](mailto:eafridaynightonline@gmail.com) & +44 07549256393  
(You can also contact Jason via WhatsApp.)

**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
  - **Phone Access Code:** 391049#
- **Group's Contact:** Mary Alice R. at [marichwit@gmail.com](mailto: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
  - **Phone Access Code:** 823190#
- **Group's Contact:** Scott J. at [lidablue2@gmail.com](mailto:lidablue2@gmail.com) & +1 507-276-0323

**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
  - **Phone Access Code:** 56304#
- **Find your local phone number:** <https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ0lDR1YrSVdGVHRUQT09>
- **Link:** <https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ0lDR1YrSVdGVHRUQT09>
- **Zoom Meeting ID:** 848 8144 6966
  - **Online Passcode:** 56304
- **Group's Contact:** Kathleen E. at [kathleene.engel@gmail.com](mailto:kathleene.engel@gmail.com) & +1 320-267-2040 (Ok to Text)

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

- **Program:** Zoom

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Type of Group:** Remotely by Phone & Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Phone Number:** +1 312-626-6799
  - **Phone Access Code:** 5394705128#
- **Find your local phone number:** <https://us04web.zoom.us/j/5394705128>
- **Link:** <https://us04web.zoom.us/j/5394705128>
- **Zoom Meeting ID:** 539 470 5128
  - **Online Password:** Not Applicable
- **Group's Contact:** Cliff E. at +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
  - **Phone Access Code:** 722360#
- **Group's Contact:** Paul W. at [wehrweinp@earthlink.net](mailto:wehrweinp@earthlink.net) & +1 651-402-6774
- **Group's Second Contact:** Faith J. at [faithjohnson27@gmail.com](mailto: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 send an email including your first name and email address to which the meeting details should be sent.**
- **Group's Contact:** Becky I. at [houstonaintergroup@gmail.com](mailto:houstonaintergroup@gmail.com) & +1 832-902-4736

#### **Friday 7 PM - 8 PM, [PDT]** — EA at Williams Lake

- **Program:** FreeConferenceCall
- **Type of Group:** Virtually Online
- **Link:** <http://www.williamslake.org/>
- **Group's Contact:** Kurt G. at [ea@williamslake.org](mailto:ea@williamslake.org)

#### **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 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 copy online [here](#) or by contacting the EAI office.*
- **Group's Contact:** Karen G. at [karen.g7294@gmail.com](mailto:karen.g7294@gmail.com) & +44 7985 035125 (Ok to Text)
- **Group's Second Contact:** Anne H. at [annehollis43@gmail.com](mailto:annehollis43@gmail.com)

*EAI recommends using the list and then verifying the information with the group's contact(s).*



### Saturday 1 PM - 2 PM, [GMT +1] — UK Online

- Program: Zoom
- Type of Group: Virtually Online
- Zoom Meeting ID: 495 554 1514
  - Online Password: Not Required
- Group's Contact: Julio at [ea\\_saturday\\_meeting@yahoo.com](mailto:ea_saturday_meeting@yahoo.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 at least 24-48 hours before the meeting starts.**
- Group's Contact: David K. at [eabendor@gmail.com](mailto: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
  - Online Password: 4F4bvx
- Group's Contact: Chuck S. at [staff@socal.rr.com](mailto:staff@socal.rr.com) & +1 714-915-6129

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

- Program: Paltalk
- Type of Group: Virtually 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](mailto:eavancouver@hotmail.ca) & +1 778-394-0400

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

- Program: Zoom
- Type of Group: Virtually Online
- 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](mailto:danaleesfnm@hotmail.com) & +1 505-310-0312 (Ok to Text)

### Saturday 9:30 AM, [EDT] — You're Worth It

- Program: Zoom
- Type of Group: Virtually Online
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- Group's Contact: Kathleen T. at [kathleentrefethen65@gmail.com](mailto:kathleentrefethen65@gmail.com)

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

EAI recommends using the list and then verifying the information with the group's contact(s).

- **Program:** Zoom
- **Type of Group:** Hybrid - Virtually Online & Face-to-Face
- **Please contact the group for meeting details 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](mailto:eamaximumService@gmail.com)

**Saturday 9:30 AM - 10:15 AM, [ADT] — A New Way of Life** ([Dartmouth, NS Canada](#))

- **Special Interest:** Newcomers Welcome!
- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group requires that participants' cameras are on.**
- *\*The group may resume meeting face-to-face again.*
- **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](mailto:shyone22001@yahoo.ca) & +1 902-410-3850 (Ok to Text)

**Saturday 10:15 AM - 11 AM, [ADT] — A New Way of Life** ([Dartmouth, NS Canada](#))

- **Special Interest:** Newcomers Welcome!
- **Program:** Zoom
- **Type of Group:** Virtually Online
- **The group requires that participants' cameras are on.**
- *\*The group may resume meeting face-to-face again.*
- **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](mailto:shyone22001@yahoo.ca) & +1 902-410-3850 (Ok to Text)

**Saturday 2 PM, [EDT]** ([Niagara Falls, ON Canada](#))

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Chris K. at [frchriskulig1@hotmail.com](mailto:frchriskulig1@hotmail.com)

**Saturday 7 PM - 8 PM, [GMT]**

- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 817 5100 4121
  - **Online Password:** **Please contact the group at least 24-48 hours before the meeting starts for information.**
- **Group's Contact:** Jason S. at [eafridaynightonline@gmail.com](mailto:eafridaynightonline@gmail.com) & +44 07549 256393 (Mobile & WhatsApp)

*EAI recommends using the list and then verifying the information with the group's contact(s).*

**Saturday 1:15 PM - 1:45 PM, [CDT]** (Mesquite, TX)

- **Type of Group:** Remotely by Phone
- *Mini EA Meeting*
- **Phone Number:** +1 978-990-5065
  - **Phone Access Code:** 391049#
- **Group's Contact:** Mary Alice R. at [marichwit@gmail.com](mailto:marichwit@gmail.com) & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

**Saturday 3 PM, [EDT] — Small Steps**

- **Program:** FreeConference Call
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 605-313-5934
  - **Phone Access Code:** 3820227#
- **Find your local phone number:** <https://www.freeconferencecall.com/wall/easmallsteps>  
(Click on "View List" Next to "International Dial-in Numbers")
- **Link:** <https://www.freeconferencecall.com/wall/easmallsteps>
- **Meeting ID:** easmallsteps
  - **Online Password:** Not Required
- **Group's Contact:** Shani at [easmallsteps@gmail.com](mailto: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
  - **Phone Access Code:** 181510#
- **Group's Contact:** Elana P. at [greatfulg6@gmail.com](mailto:greatfulg6@gmail.com) & +1 618-771-9655
- **Group's Second Contact:** Yvonne P. at [yvonneptoday@gmail.com](mailto:yvonneptoday@gmail.com) & +1 503-490-5186

**Saturday 4:30 PM, [EDT] — EA Group of Hauppauge** (Hauppauge, NY)

- **Program:** Zoom
- **Method:** Hybrid - Virtually Online & Face-to-Face
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Steve W. at [stevew6519@gmail.com](mailto:stevew6519@gmail.com) & +1 631-332-0552

**Saturday 2 PM, [PDT]**

- **Method:** Specialized Group (Does NOT Follow EAI's Meeting Format)
- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Literature Study Group**
- **Link:** <https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenU0UWNBaXRUU1hDZz09>

*EAI recommends using the list and then verifying the information with the group's contact(s).*

- **Zoom Meeting ID:** 922 343 325
  - **Online Passcode:** 12
- **Group's Contact:** Helga at [frustratedgoddess@gmail.com](mailto:frustratedgoddess@gmail.com)

#### **Saturday 7 PM, [EDT]**

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

#### **Saturday 6:30 PM, [EST]**

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

#### **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 at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Mike K. at [mikeka61@gmail.com](mailto:mikeka61@gmail.com) & +1 301-442-9883

#### **Saturday 8 PM, [EDT]** (Virginia Beach, VA)

- **Program:** Zoom
- **Type of Group:** Virtually Online
- *\*The group may resume meeting face-to-face again.*
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Jenny N. at [tigergirl986@yahoo.com](mailto:tigergirl986@yahoo.com) & +1 757-292-1233
- **Group's Second Contact:** Kirsten S. at [kasantiannido@gmail.com](mailto:kasantiannido@gmail.com) & +1 757-620-6781

*EAI recommends using the list and then verifying the information with the group's contact(s).*