

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

Current as of January 18, 2023

*If you are using the PDF list, the most current meeting information is on EAI's website
(www.EmotionsAnonymous.org)*

Daily Sunday-Saturday 6:30 AM, [EST]

- **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 & +1 320-267-2040 (Ok to Text)

Daily Sunday-Saturday 8:30 AM, [CST] — 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 7:15 PM, [PST] — 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.**
- **Link:** <https://msngr.com/eyqqomwrfgr>
 - **Password:** Not Required
- **Group's Contact:** Kurt G. at Kurt@OneLoveVancouver.org & +1 236-818-5447

Daily Sunday-Saturday 8 PM - 9 PM, [EST] — 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.*
- **Link:** <http://www.chatzy.com/eanon>

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- **Group's Contact:** Ben F. at bfoley147351ip@hotmail.com

Sunday 8 AM, [PST]

- *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 & +1 916-743-8134

Sunday 9 AM - 10 AM, [PST] — 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

Sunday 9 AM - 10 AM, [PST]

- **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 & +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 at least 24-48 hours before the meeting.**
- **Group's Contact:** Maria W. at Mariarvwhite@gmail.com
- **Group's Second Contact:** Christopher G. at Christopher@douaiabbey.org.uk

Sunday 1 PM, [EST] — 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 & +1 954-639-9989

Sunday 2:30 PM, [EST]

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

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- **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, [EST] — 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
 - **Phone Access Code:** 7457467707#
 - **Phone Passcode:** 441136#
- **Zoom Meeting ID:** 745 746 7707
 - **Online 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, [CST]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Link:** <https://us04web.zoom.us/j/4604771285?pwd=WWR5K3lrOU1yTmVvV2hIOWN6endHdz09>
- **Zoom Meeting ID:** 460 477 1285
 - **Participant's Online Passcode:** 583374
- **Group's Contact:** Lynne S. at Lynnesmith50@hotmail.com & +1 712-420-2058

Sunday 5:30 PM - 6:30 PM, [CST] (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=NIplSWJoZDcxI2FjdzU2OWZpV2xNUT09>
- **Zoom Meeting ID:** 8409 662 4135
 - **Online Password:** **Please contact the group for information at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Jacqueline E. at Jacelder@gmail.com & +1 708-491-7609 (Ok to Text)
- **Group's Second Contact:** Quinn K. at Qpk16@sbcglobal.net & +1 708-822-5406 (Ok to Text)

Sunday 5:30 PM - 7 PM, [CST] — 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#

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- **Group's Contact:** Janel W. at Wes_nel@yahoo.com & +1 773-507-8062 (Ok to Text)
- **Group's Second Contact:** Bernadette F. at Msnermik11@gmail.com & +1 773-607-9108 (Ok to Text)

Sunday 7 PM, [EST] — 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:** <https://www.freeconferencecall.com/wall/eatelephoneconference5>
- **Group's Contact:** Greta O. at Oagreta@gmail.com & +1 734-383-8840

Sunday 6:30 PM - 7:30 PM, [MST] (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, [EST] — 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
 - **Participant's Online Passcode:** 975066
- **Group's Contact:** Melanie M. at Eainternationalwomensgroup@gmail.com

Sunday 8 PM, [EST]

- **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.**
- **Group's Contact:** Mike K. at Mikeka61@gmail.com & +1 301-442-9883

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

- **Special Interests:** National Guard Members
- **Program:** Zoom
- **Type of Group:** Virtually Online

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- **This group is for National Guard Members only.**
- **Please contact the group for meeting details at least 24-48 hours before the meeting.**
- **Group's Contact:** Jen T. at Jentheulen@gmail.com

Monday 10 AM, [PST] (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.**
- **Group's Contact:** David K. at Eabendor@gmail.com & +1 954-562-8487

Monday 12 PM, [CST]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Link:** <https://us02web.zoom.us/j/82698636026?pwd=L3RCcnY3ZmdvSUhGeE1sMVI4Skpadz09>
- **Zoom Meeting ID:** 826 9863 6026
 - **Online Passcode:** 835365
- **Group's Contact:** Shawna F. at Dakotae966@gmail.com & +1 701-552-1083

Monday 1:15 PM - 1:45 PM, [CST]

- *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 & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

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

- **Special Interests:** Newcomer Focus
- **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 at least 24-48 hours before the meeting.**
- **Group's Contact:** Lor S. at Eanewcomercalgary@gmail.com

Monday 4:40 PM, [CST]

- *This meeting has an audio component only.*
- **Program:** FreeConferenceCall

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- **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 & +1 507-276-0323

Monday 5:10 PM, [CST]

- *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 & +1 507-276-0323

Lunes 8 PM - 9:30 PM, [AST] — 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 6:30 PM, [EST]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 834 1790 1642
 - **Online Password:** 756YAw
- **Group's Contact:** Adaline W.-R. at Adalinew51@gmail.com & +1 517-219-3376 **(Text Only)**

Monday 7 PM, [EST] (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 at least 24-48 hours before the meeting.***
- **Group's Contact:** Jeff P. at Jjp32059@gmail.com & +1 234-320-2570

Monday 7 PM, [EST]

- **This group starts meeting on January 9, 2023.** (Fayette County, GA)
- **Program:** Zoom
- **Type of Group:** Virtually Online

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- If this is your **FIRST** EA meeting with this group **please contact the group at least 24-48 hours before the meeting starts** to provide your first name, first initial of your last name, and email address of where to send the meeting details.
- **Group's Contact:** Dede Y. at Pastordede30@gmail.com & +1 770-716-7651

Monday 7:30 PM, [EST]

- **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=UTdhQnd6Vjh6VW9EeDlZVEw3R0hjdz09>
- **Link:** <https://us02web.zoom.us/j/85761791601?pwd=UTdhQnd6Vjh6VW9EeDlZVEw3R0hjdz09>
- **Zoom Meeting ID:** 857 6179 1601
 - **Online Password:** EA732
- **Group's Contact:** Brian W. at Eabrooklynngroup@gmail.com & +1 718-663-1469

Monday 7:30 PM, [EST] — 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 (Ok to Text)

Monday 7 PM, [CST] — 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=SUFAeGhLR0FLS3o3UVIwZVE0VUZhZz09>
- **Zoom Meeting ID:** 946 1009 2527
 - **Online Passcode:** 247365
- **Group's Contact:** Kelsey W. at Knlweez@gmail.com & +1 618-334-6658

Monday 7:30 PM-8:30 PM, [CST] (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 email the group for the password at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Carol H. at Jeunef@grandecom.net
- **Group's Alternative Email Contact:** Monica W. at Monilog@mwells.org

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- **Group's Second Contact:** Elizabeth C. at +1 512-960-7795

Monday 7:30 PM-8:30 PM, [PST] (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 & +1 909-438-4938

Tuesday 10 AM - 11:30 AM, [PST] (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
 - **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//>
- **Zoom Meeting ID:** 229 971 6767
 - **Online 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, [EST] (Virginia Beach, VA)

- **Program:** Zoom
- **Type of Group:** Hybrid: Remotely by Phone, Virtually Online & Face-to-Face
- **Phone Number:** +1 929-205-6099
 - **Phone Access Code:** 88240767526#
- **Find your local phone number:** <https://us02web.zoom.us/j/88240767526>
- **Link:** <https://us02web.zoom.us/j/88240767526>
- **Zoom Meeting ID:** 882 4076 7526
 - **Online Password:** Not Required
- **Group's Contact:** Dave M. at Moo7587@aol.com & +1 757-351-3413 or +1 757-407-2560 (Ok to Text)
- **Group's Second Contact:** Karen G. at Kgratton@live.com & +1 757-581-9587

Tuesday 1:15 PM - 1:45 PM, [CST]

- **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 & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

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Tuesday 6:30 PM, [EST] (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/5394705128>
- **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, [EST]

- **Program:** FreeConferenceCall
- **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, [PST]

- **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:** EAges
- **Group's Contact:** Michael J. at Mjohnson3@cox.net & +1 760-644-8366

Tuesday 7 PM, [EST]

- **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 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, [EST] (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

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Tuesday 7 PM, [CST] — 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 or +1 785-318-0063 (Ok to Text)

Tuesday 7 PM - 7:30 PM, [CST] — 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 & +1 952-431-1145
- **Group's Second Contact:** Dave Q. at Quastde62@gmail.com & +1 651-434-0162

Tuesday 8 PM, [CST] (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 Houstoneaintergroup@gmail.com & +1 832-902-4736

Tuesday 8 PM, [PST]

- **Program:** Zoom
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 346-248-7799 or
 - **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:** EAgles
- **Group's Contact:** Michael J. at Mjohnson3@cox.net & +1 760-644-8366

Tuesday 6:30 PM, [PST] (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 at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Barbara M.-C. at Bmayclark@gmail.com & +1 916-743-8134

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Wednesday 10 AM, [PST] (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 & +1 954-562-8487

Wednesday 11 AM - 12 PM (Noon), [PST] (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 & +1 949-246-2702 (Ok to Text)

2nd & 4th Wednesday 11 AM, [PST] (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 Vschnep@nvcss.org

Wednesday 11 AM - 12 PM, [EST] (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=dGxJcGZHK0Z3cmI4Z3JDdmE5L1NLZz09>
- **Link:** <https://us02web.zoom.us/j/85302961525?pwd=dGxJcGZHK0Z3cmI4Z3JDdmE5L1NLZz09>
- **Zoom Meeting ID:** 853 0296 1525
 - **Online Password:** ea11am
- **Group's Contact:** John G. at Johnthegman59@gmail.com & +1 401-419-1758

Wednesday 1:15 PM - 1:45 PM, [CST]

- **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 & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

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(www.EmotionsAnonymous.org)*

Wednesday 2 PM - 3 PM, [EST]

- **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#
- **Link:** <http://meet.google.com/kyz-tcyc-dym>
- **Google Meet Meeting ID:** kyz-tcyc-dym
 - **Online Password:** Not Required
- **Group's Contact:** James C. at Info@syrpeer.org & +1 315-558-7920

Wednesday 5:30 PM - 7 PM, [PST] — 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 & +1 310-871-7876

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

- **Program:** Zoom
- **Type of Group:** 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:** 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, [EST] — 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, [EST] — 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.*

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
Current as of January 18, 2023

*If you are using the PDF list, the most current meeting information is on EAI's website
(www.EmotionsAnonymous.org)*

- **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:** 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, [EST] (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 & +1 336-283-1758

Wednesday 8 PM, [EST] — Sanctuary for All

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Link:** <https://us05web.zoom.us/j/6064810721?pwd=RGICcWtPc0xiK05CMXI1UINMUHlrQT09>
- **Zoom Meeting ID:** 606 481 0721
 - **Online Password:** metime2021
- **Group's Contact:** Caro W. at Sanctuarynyc2021@gmail.com

Wednesday 8 PM, [EST]

- **This group starts meeting on January 4th, 2023.**
- **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.*

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
Current as of January 18, 2023

*If you are using the PDF list, the most current meeting information is on EAI's website
(www.EmotionsAnonymous.org)*

- **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 & +1 301-442-9883

Wednesday 9 PM - 10 PM, [EST]

- **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, [PST] ([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 & +1 510-504-4765
- **Group's Second Contact:** Ange G. at Georgeange20@gmail.com & +1 323-835-9993

Thursday 1:15 PM - 1:45 PM, [CST]

- **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 & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

Thursday 4 PM, [MST] — 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 & +1 505-310-0312 (Ok to Text)

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
Current as of January 18, 2023

*If you are using the PDF list, the most current meeting information is on EAI's website
(www.EmotionsAnonymous.org)*

Thursday 4 PM - 6 PM, [CST] (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#
- **Group's Contact:** Rick W. at Richardw1944@sbcglobal.net & +1 773-504-4980

Thursday 5 PM - 6:15 PM, [CST] — 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=ZGpKalYyZjRsblBySkZUdFU5YVZWdz09>
- **Link:** <https://us02web.zoom.us/j/89285951319?pwd=ZGpKalYyZjRsblBySkZUdFU5YVZWdz09>
- **Zoom Meeting ID:** 892 8595 1319
 - **Online Passcode:** 148197
- **Group's Contact:** Kathleen E. at Kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

Thursday 6:30 PM, [EST] — 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 & +1 267-893-5071
- **Group's Second Contact:** Mike J. at Stinkybait49@yahoo.com & +1 610-761-0019

Thursday 4 PM - 5:30 PM, [PST] (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
 - **Phone Access Code:** 779586#
- **Find your local phone number:** <https://us02web.zoom.us/j/2299716767?pwd=UDJWMIBoYnpgNWExaDN0cUk4eS9OUT09>
- *Join the meeting via Zoom at 3:45 for Newbies for assistance.*
- **Link:** <https://us02web.zoom.us/j/2299716767?pwd=UDJWMIBoYnpgNWExaDN0cUk4eS9OUT09>
- **Zoom Meeting ID:** 229 971 6767

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o Online Passcode: 779586

- **Group's Contact:** Harvey B. at Hbaumoel@sbcglobal.net & +1 707-391-1447

Thursday 7 PM - 8:15 PM, [PST] (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=TzNDSUVvcWNLenU0UWNBaXRUU1hDZz09>
- **Zoom Meeting ID:** 922 343 325
 - o Online Passcode: 12
- **Group's Contact:** Heidi M. at Heidimathat@gmail.com

Thursday 7 PM, [EST]

- **Program:** FreeConferenceCall
- **Type of Group:** Remotely by Phone & Virtually Online
- **Phone Number:** +1 712-451-0178 or **Find your local phone number**
 - o 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:** [creativeis](https://www.freeconferencecall.com/wall/creativeis)
 - o Online Password: Not Required
- **Group's Contact:** Dottie S. at Dottieschaffner@gmail.com & +1 978-851-412

Thursday 7:30 PM, [EST] — 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
 - o Phone Passcode: **Please contact the group before 5:30 PM, ET for information.**
- **Find your local phone number:**
<https://zoom.us/join?url=join%2F922343325%2F%3Fpwd%3DTzNDSUVvcWNLenU0UWNBaXRUU1hDZz09%3Fpwd%3DTzNDSUVvcWNLenU0UWNBaXRUU1hDZz09>
- **Link:** <https://us02web.zoom.us/j/536104306>
- **Zoom Meeting ID:** 536 104 306
 - o Online Passcode: **Please contact the group before 5:30 PM, ET Thursdays for information.**
- **Group's Contact:** Emotionsanon@yahoo.com & +1 234-206-1232

Thursday 5 PM - 6 PM, [PST]

- **Special Interests:** Women's Only Group
- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 604-681-0262
 - o Phone Access Code: 9843044#

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(www.EmotionsAnonymous.org)*

- **Group's Contact:** Rachel V. H. at Rsteph007@gmail.com

Thursday 7 PM, [CST] (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
 - **Phone Access Code:** 194584#
- **Group's Contact:** John W. at Johnwerner52@gmail.com & +1 612-760-0313

Thursday 8 PM, [EST] — 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 & +1 346-248-7799

Thursday 10 PM, [EST]

- **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 starts.***
- **Group's Contact:** Scott K. at EAScottk@gmail.com & +1 774-277-1888

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

- **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

Thursday 7:30 PM, [PST] (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, [PST] (Culver City, CA)

- **Program:** Zoom
- **Type of Group:** Hybrid Meeting: Virtually Online & Face-to-Face
- **Link:** <https://us02web.zoom.us/j/89940070635?pwd=YXpGdXlsOVBDZWltdWMYSG1sQ1pXUT09>
- **Zoom Meeting ID:** 899 4007 0635
 - **Online Password:** sharelove

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
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(www.EmotionsAnonymous.org)*

- **Group's Contact:** Hank K. at Hjayk2@yahoo.com or +1 213-210-4912

Friday 10:30 AM - 12 PM (Noon), [PST]

- **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 & +1 310-857-4774
- **Group's Second Contact:** Cliff B. at Cliffbrown@aol.com & +1 310-913-1210

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

- **This group is NOT meeting on December 30, 2022. The group will resume meeting on January 6, 2023.**
- **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
 - **Phone Access Code:** 189758744#
- **Link:** <http://us02web.zoom.us/j/189758744?pwd=TDdDRExDVExDamkzVE53ZGZrQlVRQT09>
- **Zoom Meeting ID:** 189 758 744
 - **Online Passcode:** 030583
- **Group's Contact:** John G. at Johnthegman59@gmail.com & +1 401-419-1758

Friday 7 PM - 8 PM, [GMT]

- **Program:** Zoom
- **Type of Group:** Virtually Online
- **Zoom Meeting ID:** 313 401 7970
 - **Online Password:** **Please contact the group for password at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Jason S. at eafridaynightonline@gmail.com & +44 07549256393
(You can also contact Jason via WhatsApp.)

Friday 1:15 PM - 2:15 PM, [CST] (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 & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

Friday 1:40 PM, [CST] — TGIF

- **Type of Group:** Remotely by Phone
- **Phone Number:** +1 425-436-6369

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
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o Phone Access Code: 823190#

- **Group's Contact:** Scott J. at Lidablue2@gmail.com & +1 507-276-0323

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

- **Program:** Google Hangouts
- **Type of Group:** Virtually Online
- **Please contact the group for meeting details at least 24-48 hours before the meeting starts.**
- **Group's Contact:** Brandy C. at Brandyclicks@gmail.com

Friday 4 PM - 4:30 PM, [CST] — 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
 - o **Phone Access Code:** 56304#
- **Find your local phone number:** <https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ01DR1YrSVdGVHRUQT09>
- **Link:** <https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ01DR1YrSVdGVHRUQT09>
- **Zoom Meeting ID:** 848 8144 6966
 - o **Online Passcode:** 56304
- **Group's Contact:** Kathleen E. at Kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)

Friday 6:30 PM, [EST] (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
 - o **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
 - o **Online Password:** Not Applicable
- **Group's Contact:** Cliff E. at +1 404-403-4353

Friday 7 PM, [CST] (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
 - o **Phone Access Code:** 722360#
- **Group's Contact:** Paul W. at Wehrweinp@earthlink.net & +1 651-402-6774
- **Group's Second Contact:** Faith J. at Faithjohnson27@gmail.com

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Friday 8 PM, [CST] (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 Houstoneaintergroup@gmail.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 at least 24-48 hours before the meeting starts.**
- *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, [PST] (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, [PST]

- **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 & +1 714-915-6129

Saturday 11 AM, [PST] (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, [MST] — Help is Here Saturday Group

- **Program:** Zoom

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
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- **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 & +1 505-310-0312 (Ok to Text)

Saturday 9:30 AM, [EST] — 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

Saturday 10 AM, [CST] — 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 9:30 AM - 10:15 AM, [AST] — 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 & +1 902-410-3850 (Ok to Text)

Saturday 10:15 AM - 11 AM, [AST] — 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 & +1 902-410-3850 (Ok to Text)

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
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Saturday 2 PM, [EST] (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

Saturday 7 PM - 8 PM, [GMT]

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

Saturday 1:15 PM - 1:45 PM, [CST] (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 & +1 214-952-3651
- **Group's Second Contact:** Rocky S. at +1 469-547-1367

Saturday 3 PM, [EST] — Smallsteps

- **Please contact the group for information and further instructions at least 24-48 hours before the meeting starts.**
- **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, [EST] —

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 & +1 618-771-9655
- **Group's Second Contact:** Yvonne P. at Yvonneptoday@gmail.com & +1 503-490-5186

List Of Every Remote & Virtual Meeting Listed By The Meeting Day -
Current as of January 18, 2023

*If you are using the PDF list, the most current meeting information is on EAI's website
(www.EmotionsAnonymous.org)*

Saturday 2 PM, [PST]

- **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>
- **Zoom Meeting ID:** 922 343 325
 - **Online Passcode:** 12
- **Group's Contact:** Helga at FrustratedGoddess@gmail.com

Saturday 7 PM, [EST]

- **Program:** Zoom
- **Method:** Virtually Online
- **Zoom Meeting ID:** 834 1790 1642
 - **Online Password:** 756YAw
- **Group's Contact:** Adaline W-R. at Adaliner51@gmail.com & +1 517-219-3376

Saturday 8 PM, [EST]

- **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 & +1 301-442-9883