



Experience, Strength & Hope: Tips For Healthy Meetings

Dear EA Members,

In order to provide EA members with an extra "boost" during the early days of the pandemic, we began a weekly email, Experience, Strength & Hope, with trustee reflections based on the Just For Today's and focused on the current world situation. We received a lot of positive feedback on these emails and so have decided to continue this service. This weekly email series will focus on ideas for maintaining a healthy EA group. We hope you continue to find value in these messages. Please share these emails and encourage others to sign up on our website [here](#) to receive them. To view previous emails from this series go [here](#).

Healthy Group Idea:

Have a phone list available for people willing to share their name/number, so people can be in touch with each other outside of the group. Make sure that healthy boundaries are present both during the meetings and in interactions outside of the meeting.

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