EVERY Day	5:30 am CT	8:30 am CT
Group Name	Step 11 Daily Meditation	The Next Frontier
Type of Group	EA's Step 11	
Language		
Access Method	**Zoom**	**FreeConferenceCall**
Phone #		+1 339-209-6307
Phone password		
Link		
Meeting ID		
Passcode		
Video Component	Optional	
Special Interest		
Notes	The group requires that you introduce yourself with your first name and have that name as the name displayed on the screen.Please contact Kathleen at Kathleene. engel@gmail.com for the Zoom Meeting ID number.	These meetings only have an audio component.
Group Contact	Rachel K. at rachelkb123@gmail.com;Niesa N. at nspn.nn@gmail.com	Robin C. at +1 917-533-5691; rbsmc924@gmail.com
Okay to text?		yes
Last updated by EA:		

EVERY Weekday	11 a.m. CT	3:30 p.m. CT
Group Name	Overcoming Our Emotions	Share Everything and Anything
Type of Group	Remote	Hybrid - Remote & Face-to-Face
Language	English	English, عربي (Earabiun) [Arabic], हिंदी (Hindee) [Hindi], اردو (Urdu)
Access Method	**Zoom**	**Zoom**
Phone #		
Phone password		
Link		
Meeting ID		
Passcode		
Video Component	Required	Required
Special Interest		**Special Interest:** Multilingual & Diverse Group, Anger, Anxiety/Worry, Panic Disorders, Family Issues & Relationship Trauma
Notes	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting ID number.	This is a multilingual EA group. The meeting is hybrid; accessible locally in-person as well as online through Zoom. This group has an emphasis on an “in this together” attitude. The group contact is also available for one-on-one sponsorship.
Group Contact	Jason F: fieldsjason504@gmail.com & +1 929-448-6381	Insha S. at shaikhkerriinsha@gmail.com & +1 828-384-1916
Okay to text?	Yes	Yes
Last updated by EA:		

MONDAYS	11:30 CT	12 pm (noon) CT	12:00 PM (Noon) CT	1:15 PM - 1:45 PM CT	1:30 PM CT	4:00 PM - 5:00 PM CT	4:40 PM CT
Group Name	Inner Peace EA Group	Bend, Oregon EA		Just For Today - Mini EA Meetings	Calgary EA Newcomers	Fall River, Massachusetts Hybrid - Remote & Face-to-Face	
Type of Group	Remote						
Based in	Alberta, CA						
Language (if not noted, in English)							
Access Method	**Google Meet**	**Zoom**	**Zoom**	**Phone Call**	**Zoom**	**Zoom**	**Phone Call**
Phone Number				+1-978-990-5065			+1 978-990-5033
Access Code							
Link or Number	https://meet.google.com/nhp-hjyw-xnb		https://us02web.zoom.us/j/82698636026?pwd=L3RCcnY3ZmdvSUhGeE1sMVI4Skpadz09		Please contact the group at least 24-48 hours before the meeting starts for the meeting details.		
Meeting ID			826 9863 6026			872 8643 1564	
Passcode			835365	391049#		Not Required	3540536#
Video Component	Optional	Optional	Optional			Optional	
Special Interest					Newcomers Welcome!		
Notes		Please contact the group at least 24-48 hours before the meeting starts for the meeting details.		This meeting only has an audio component. These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.			
Group Contact	Marilee B. innerpeaceEA@gmail.com 780-288-6274	David K. at eabendor@gmail.com & +1 954-562-8487	Shawna F. at dakotae966@gmail.com & +1 701-552-1083	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651 or Rocky S. at +1 469-547-1367	Karen W. at eanewcomerscalgary@gmail.com	John G. at johnthegman59@gmail.com & +1 401-419-1758 or Thomas R. at +1 508-567-5086	Scott J. at lidablue2@gmail.com & +1 507-276-0323

MONDAYS	11:30 CT	12 pm (noon) CT	12:00 PM (Noon) CT	1:15 PM - 1:45 PM CT	1:30 PM CT	4:00 PM - 5:00 PM CT	4:40 PM CT
Okay to text?	Yes						
Last updated by EA:							

MONDAYS	5:10 PM CT	5:30 PM CT	5:45 PM - 7:30 PM CT	6:00 PM - 7:30 PM CT	6:00 PM CT	8:00 PM CT	6:00 PM CT
Group Name			Balance and Harmony Group	Grupo Emociones	Norman/Central Oklahoma Serenity Group	**Thoughts Vs. Emotions**	
Type of Group						Hybrid - zoom & inperson	
Based in Language (if not noted, in English)				Español			
Access Method	**Phone Call**	**Zoom**	**Zoom**	**Zoom**	**Phone Call**	**Zoom**	**Google Meet**
Phone Number	+1 605-313-4162				+1 775-799-9023		
Access Code							
Link or Number			https://us06web.zoom.us/j/86565355069?pwd=TFRPSjJPVUptRmFmckdDN3pDbkFOZz09			https://zoom.us/j/83799096274?pwd=2z2skw	
Meeting ID		834 1790 1642	865 6535 5069	952 815 6538		837 9909 6274	
Passcode	181510#	756YAw	Harmony4ME	943010	Not Required	2z2skw	
Video Component		Preferred, but not required.	Required	opcional			
Special Interest		All are welcome!			Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.	Includes Reiki & Meditation	
Notes		This group also meets on Saturdays at 6:00 PM CT /7:00 PM Eastern Time, using the same Zoom meeting ID and password.	NO weekly meetings are scheduled from July 1st, 2025 to September 1st, 2025. Meetings will resume weekly starting on Monday, September 8th, 2025.				Please ask the group for information. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.
Group Contact	Scott J. at lidablue2@gmail.com & +1 507-276-0323	Adaline W. at adalinew51@gmail.com /517-219-3376	Roy V. at 1-613-267-0828 / emotionesunae@gmail.com or April S. at 1-613-390-0393 / smithals4@outlook.com	Lizzy R. al +1 787-632-4921/ Jilda R. al +1 787-203-2693	Alice P. at als1pal@aol.com & +1 405-473-7680	Mia C at caramia555@yahoo.com & +1 716-998-9102	Jeff P. at jjp32059@gmail.com & +1 234-320-2570

MONDAYS	5:10 PM CT	5:30 PM CT	5:45 PM - 7:30 PM CT	6:00 PM - 7:30 PM CT	6:00 PM CT	8:00 PM CT	6:00 PM CT
Okay to text?		yes	**yes**	**Si - Jilda**	yes	yes	
Last updated by EA:							

MONDAYS	6:00 PM CT	6:00 PM - 7:30 PM CT	6:30 PM CT	6:30 PM CT	6:30 PM CT /	6:30 PM CT	7:00 PM CT
Group Name	Metro Atlanta, Georgia EA Group	Grupo Emociones		Ann Arbor, Michigan Emotions Anonymous		Vienna, VA	Abundant Life EA Group
Type of Group							
Based in			Brooklyn NY		Vienna, VA	Toronto, Canada	
Language (if not noted, in English)		Español					
Access Method	**Zoom - online & phone**	**Zoom**	**Zoom**	**FreeConferenceCall (FCC)**	**Zoom**		**Zoom**
Phone Number	Phone: + 1 929-205-6099 or +1 646-931-3860		+1 646-931-3860		+1 312-626-6799		
Access Code	149674#		329703#		74972189018#		
Link or Number			https://us06web.zoom.us/j/83725451223?pwd=htdWpEJaeUOkj2VgOtGVh6xXnB4uM9.1		https://us02web.zoom.us/j/74972189018		https://zoom.us/j/94610092527?pwd=SUFaeGhLR0FLS3o3UVlWZVE0VUZhZz09
Meeting ID	7497 3386	952 815 6538	837 2545 1223		749 7218 9018		946 1009 2527
Passcode	149674	943010	EA732		625845		247365
Video Component	Optional	opcional			Optional	Optional	Optional
Special Interest							
Notes				Please contact the group at least 2 hours before the meeting starts for the meeting details.		The meeting is announced each Monday through the group's WhatsApp. The meeting is held through private software. Please contact the group at least 24-48 hours before the meeting starts to be added to the group's WhatsApp group.	
Group Contact	Dede Y. at pastordede30@gmail.com & +1 770-716-7651 (Landline) & +1 770-827-608	Lizzy R. al +1 787-632-4921/ Jilda R. al +1 787-203-2693	eabrooklyngroup@gmail.com & +1 718-663-1469	Kathryn S. at annarboremotionsanonymous@gmail.com & +1 734-926-8667	Scherrone D. at scherrone1@verizon.net & +1 703-522-7862	Claudia A. at +1 416-778-0302	Kelsey W. at knlweez@gmail.com & +1 618-334-6658

MONDAYS	6:00 PM CT	6:00 PM - 7:30 PM CT	6:30 PM CT	6:30 PM CT	6:30 PM CT /	6:30 PM CT	7:00 PM CT
Okay to text?	yes			yes		yes	
Last updated by EA:							

MONDAYS	7:30 PM - 8:30 PM CT	7:30 PM - 8:30 PM CT	9:30 PM - 10:30 PM CT	7:30 PM - 8:30 PM UK Time	6:30 PM Western European Time (Segunda-feira 18:30 Hora da Europa Ocidental)
Group Name	EA LA SHARE		Riverside EA	Nottingham Step Meeting Online	Caminhar em Esperança
Type of Group					
Based in	Los Angeles, California	Austin, Texas	Riverside, California	Nottingham, England, United Kingdom	
Language (if not noted, in English)					Portuguese (Português)
Access Method	**Zoom**	**Zoom**	**FreeConferenceCall (FCC)**	**Zoom**	**Skype**
Phone Number			‘+1 425-436-6391		
Access Code					
Link or Number	https://us02web.zoom.us/j/87571273675?pwd=ODREQ2hHZDFheWo0ME5hMUFLN0hoZz09	See below		Text Contact for meeting information	
Meeting ID	875 7127 3675	891 2710 0888		525 442 2635	
Passcode	sharelove	385513	215353#	279962	
Video Component		Optional	This meeting only has an audio component.		obrigatório
Special Interest					
Notes		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. If you would like to join remotely by phone please contact the group at least 24-48 hours before the meeting starts to get the phone access information.		Please check https://www.emotionsanonymous.org.uk/find-a-meeting for the most current information.	Entre em contato com o grupo para obter detalhes da reunião pelo menos 24 a 48 horas antes da reunião.
Group Contact	Brent P. at brent.popham@yahoo.com & +1 310-871-7876	Carol H. at jeunef@grandecom.net; Elizabeth at +1 512-320-8623	Fred F. at oldpilot62@gmail.com & +1 909-384-2935	Terron at tevertson@att.net and +1 512 568-6991	Sérgio F. a emocionais.a.lisboa@gmail.com & +351 966912091; Lídia L. a emocionais.a.lisboa@gmail.com & +351 964375499

MONDAYS	7:30 PM - 8:30 PM CT	7:30 PM - 8:30 PM CT	9:30 PM - 10:30 PM CT	7:30 PM - 8:30 PM UK Time	6:30 PM Western European Time (Segunda-feira 18:30 Hora da Europa Ocidental)
Okay to text?					Ok
Last updated by EA:					

Tuesdays	10 a .m. GMT	12:00 PM (Noon) - 1:30 PM Central Time / 10:00 AM - 11:30 AM Pacific Time	12:00 PM (Noon) - 1:30 PM Central Time / 1:00 PM-2:30 PM Eastern Time	1:15 PM - 1:45 PM Central Time
Group Name	Ea 12 steps 12 traditions			Just For Today - Mini EA Meetings
Based in	New Zealand	Ukiah, California	Virginia Beach, Virginia	
Type of Group	Remote		Hybrid - Remote & Face-to-Face	
Language (if not noted, in English)	English and Maori			
Access Method	**Zoom**	**Zoom**	**Zoom**	**Phone Call**
Phone Number		+1 669-900-6833	+1 305-224-1968	+1-978-990-5065
Access Code		779586#	81378126600#	391049#
Link	https://us05web.zoom.us/j/86830993357?pwd=cd4gkL0I9tpxmuO468h2ZfsuUYbdMn.1	http://us02web.zoom.us/j/2299716767?pwd=UDJWMlBoYnpqNWExaDN0cUk4eS9OUT09//	https://us06web.zoom.us/j/81378126600	
Meeting ID	86830993357	229 971 6767	813 7812 6600	
Passcode	Ea	779586	Not Required	
Video Component	required	Please ask the group for information.	Optional	
Special Interest				
Notes	MEETING BEGINS JANUARY 27, 2026. NOT OPEN UNTIL 2026.			These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM Central Time.
Group Contact	Wini T.	Eula B. at +1 707-463-3911	Karen G. at kjmgratton@gmail.com & +1 948-400-7147; Jerry R. at jerry212@gmail.com	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367
Okay to text? If cell is empty then call or email			Yes	

Tuesdays	10 a .m. GMT	12:00 PM (Noon) - 1:30 PM Central Time / 10:00 AM - 11:30 AM Pacific Time	12:00 PM (Noon) - 1:30 PM Central Time / 1:00 PM-2:30 PM Eastern Time	1:15 PM - 1:45 PM Central Time
Last updated by EA:				

Tuesdays	12:00 PM (Noon) - 1:00 PM Central Time / 5:00 PM GMT	5:00 PM - 6:00 PM Central Time / 6:00 PM - 7:00 PM Eastern Time	5:30 PM Central Time / 6:30 PM Eastern Time	5:30 PM Central Time / 6:30 PM Eastern Time
Group Name	A guide through the EA 12 steps	GenZtory		
Based in			Decatur/Atlanta, Georgia	
Type of Group		**Method: *Specialized Group*** *(Does NOT Follow EAI's Meeting Format)*		
Language (if not noted, in English)				
Access Method	**Zoom**	**Zoom**	**Zoom**	**FreeConferenceCall**
Phone Number			+1 312-626-6799	
Access Code			5394705128#	
Link			https://us04web.zoom.us/j/5394705128	
Meeting ID			539 470 5128	
Passcode				
Video Component	Required	Optional	Optional	None
Special Interest		Young Adults		
Notes		**This meeting is for EA members that are young adults. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.**	Also meets on Fridays	***Please contact the group before 6:00 PM Eastern Time on Tuesdays for the meeting details.***
Group Contact Okay to text? If cell is empty then call or email	Esther at esther@mfm.is & +3546992676; Lilja K. at liljakristine@gmail.com & +3546992442 Yes to Lilja	ynthia L. at synthialouis@gmail.com & +1 703-554-9279; Group's Second Contact: Nazareign W. at nazhopewilliams@gmail.com & +1 571-578-1660 Yes to Synthia	Cliff E. at cliffedge@att.net & +1 404-403-4353	Paul N. at aibtikarfoundation@gmail.com & +1 929-399-6515

Tuesdays	12:00 PM (Noon) - 1:00 PM Central Time / 5:00 PM GMT	5:00 PM - 6:00 PM Central Time / 6:00 PM - 7:00 PM Eastern Time	5:30 PM Central Time / 6:30 PM Eastern Time	5:30 PM Central Time / 6:30 PM Eastern Time
Last updated by EA:				

Tuesdays	**6:00 PM Central Time**	**6:00 PM Central Time / 7:00 PM Eastern Time**	**6:00 PM Central Time / 7:00 PM Eastern Time**	**6:00 PM Central Time / 7:00 PM Eastern Standard Time**
Group Name				EA Work IT
Based in	Milwaukee, Wisconsin		Niagara Falls, Ontario, Canada	
Type of Group				***Specialized Group*** *(Does NOT Follow EAI's Meeting Format)*
Language (if not noted, in English)				
Access Method	**Zoom**	**Zoom**	**Zoom**	**Zoom**
Phone Number				
Access Code				
Link				https://us02web.zoom.us/j/81825877847?pwd=ci9aY1hFQ0FaUnV1dm9QZ2tJSEs4Zz09
Meeting ID				818 2587 7847
Passcode				workit
Video Component	Please ask the group for information.	Please ask the group for information.		Please ask the group for information.
Special Interest				Introduction to the 12 Steps
Notes	***As possible, please contact the group at least 24-48 hours before the meeting starts for the meeting details.***	***Please contact the group before 6:00 PM Eastern Time on Tuesdays for the meeting details.***	***Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.***	This group alternates between three different series of meetings: An EA-HOW DOES IT WORK? (Beginner/Refresher, offered once a year) Series During this series, the group uses the Emotions Anonymous "Blue Book" to study the basics/foundations of EA. REFLECTIONS ON THE STEPS (Beginner/Intermediate) Series During this series, the group reflects on the 12 Steps using the Emotions Anonymous "Blue Book." Members take turns reading passages on a step, then sharing and reflecting on the step readings.A WORKING THE STEPS (Advanced) Series During this series, the group uses EA's "12 By 12" Workbook (Item #12) and includes a 15-minute writing session.
Group Contact	Jeani at +1 414-254-1997; jeaniflute@gmail.com	Rosemary H. at +1 586-943-7629; Dwight H. at +1 586-776-3886	Melissa E. at missisc2@hotmail.com	eaworkit2021@gmail.com; Ninfa L. at +1 607-273-3876; Matthew S. at +1 607-279-0128
Okay to text? If cell is empty then call or email	Yes	Yes		Text only

Tuesdays	6:00 PM Central Time	6:00 PM Central Time / 7:00 PM Eastern Time	6:00 PM Central Time / 7:00 PM Eastern Time	6:00 PM Central Time / 7:00 PM Eastern Standard Time
Last updated by EA:				

Tuesdays	6:30 PM Central Time / 7:30 PM Eastern Time	7:00 PM Central Time	7:00 PM Central Time	7:15 PM - 8:30 PM Central Time
Group Name	**Ithaca, NY EA Group**	EA Kansas City Metro	EA Abilene	Apple Valley Chapter
Based in	Ithaca, New York	Kansas City Metro, Missouri/Kansas	Abilene, Texas	Burnsville/Apple Valley, Minnesota
Type of Group				
Language (if not noted, in English)				
Access Method	**Zoom**	**Zoom**	**Facebook Messenger**	**Zoom**
Phone Number				
Access Code				
Link	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.		https://www.facebook.com/	
Meeting ID		822 7071 1933		984905917
Passcode		ea		44838
Video Component	Optional	Optional		
Special Interest				
Notes		If reaching out to the group contact Ann-Marie by phone call, please leave a voicemail -- She's having problems with spam robocalls!	To access the meeting search ea.abilenetx@gmail.com or EA Abilene on Facebook to "friend" the group or simply direct message EA Abilene.	Group Meditation on Zoom from 7:15 PM to 7:30 PM Central Time. Group Meeting on Zoom from 7:30 PM to 8:30 PM Central Time.
Group Contact Okay to text? If cell is empty then call or email	Tom F. at 607-220-9959 and tlf11@cornell.edu; Barbara M. at 607-377-7069 & bmgoeast@gmail.com Text Barbara	Ann-Marie K. at +1 785-797-4084 & annmarieanonymous@gmail.com	Jess L. at ea.abilenetx@gmail.com & +1 325-668-027; Brenda C. at brencinna@yahoo.com & +1 325-307-8569 Text to Jess	Kathleen E., kathleene.engel@gmail.com, +1 320-267-2040

Tuesdays Last updated by EA:	**6:30 PM Central Time / 7:30 PM Eastern Time**	**7:00 PM Central Time**	**7:00 PM Central Time**	**7:15 PM - 8:30 PM Central Time**

Tuesdays	**7:00-8:00 PM Pacific Time**	**7:00 PM Central Time / 5:00 PM Pacific Time**	**8:00 PM Central Time**	**8:30 PM Central Time / 6:30 PM Pacific Time**	**7:00-8:00 PM Pacific Time**
Group Name	The Path to Serenity		Always Hope	Discuss the Solution	The Path to Serenity
Based in			Houston, Texas	Sacramento, CA	
Type of Group					
Language (if not noted, in English)					
Access Method	**Google Meet**	**Zoom**	**Zoom**		**Google Meet**
Phone Number		+1 346-248-7799			
Access Code		7586320810#/Passcode 215791#			
Link	https://meet.google.com/bhg-yvzk-msi	https://us04web.zoom.us/j/7586320810			https://meet.google.com/bhg-yvzk-msi
Meeting ID		758 632 0810			
Passcode		EAgles			
Video Component	Optional	Optional	Please ask the group for information.	Please ask the group for information.	Optional
Special Interest				Newcomers Welcome!	
Notes	This same group ALSO meets online on Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. 7:00-8:00		***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.***	***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***	This same group ALSO meets online on Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link.
Group Contact	Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134	Michael J. at mjohnson3@cox.net & +1 760-644-8366	Becky I. at houstoneaintergroup@gmail.com & +1 832-902-4736	Barbara M.-C. at bmayclark@gmail.com & +1 916-743-8134	Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134
Okay to text? If cell is empty then call or email	yes				yes

Tuesdays	7:00-8:00 PM Pacific Time	7:00 PM Central Time / 5:00 PM Pacific Time	8:00 PM Central Time	8:30 PM Central Time / 6:30 PM Pacific Time	7:00-8:00 PM Pacific Time
Last updated by EA:					

Tuesdays	10:00 PM Central Time / 8:00 PM Pacific Time	6:30 PM - 8:00 PM UK Time	8:00 PM-10:00 PM (Terça-feira 20 às 22 horas) Brasilia Time
Group Name		Newcastle Online	
Based in		Newcastle, England, United Kingdom	
Type of Group			
Language (if not noted, in English)			Português
Access Method	**Zoom**	**Zoom**	**WhatsApp**
Phone Number	+1 346-248-7799		
Access Code	7586320810#/Passcode 215791#		
Link	https://us04web.zoom.us/j/7586320810		
Meeting ID	758 632 0810	896 219 0662	
Passcode	EAgles		
Video Component	Optional		Peça informações ao grupo.
Special Interest			
Notes			**Entre em contato com o grupo pelo menos 24 a 48 horas antes do início da reunião para obter os detalhes da reunião. https://www.facebook.com/emocionaisanonimos.recife**
Group Contact Okay to text? If cell is empty then call or email	Michael J. at mjohnson3@cox.net & +1 760-644-8366	Peter at pefprodev@yahoo.co.uk and 07850-714376	Teresa C. em teresacristiane@gmail.com & +55 81992144727; Sérgio L. em emocionaisanonimos@gmail.com

Tuesdays Last updated by EA:	**10:00 PM Central Time / 8:00 PM Pacific Time**	**6:30 PM - 8:00 PM UK Time**	**8:00 PM-10:00 PM (Terça-feira 20 às 22 horas) Brasilia Time**

Wednesdays	10:00 AM - 11:00 AM CT	10:30 AM CT	12:00 PM (Noon) CT	1:00 PM CT	4:00 PM CT	1:15 PM - 1:45 PM CT	6:00 PM CT
Group Name	EA Rhode Island	Emotional Factors and Clutter Addiction			Emotional Anonymous	Just For Today - Mini EA Meetings	EA a Place of Healing
Based in	Providence, Rhode Island		Bend, Oregon	Yreka, California	Edmonton, AB, Canada	Mesquite, Texas	
Type of Group	Hybrid - Remote & Face-to-Face				Regular Group (Follows EAI's Standard Meeting Format)		
Language (if not noted, in English)							
Access Method	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Google Meet**		**Zoom**
Phone Number	+1 646-558-8656					+1 978-990-5065	
Access Code	526339#					391049#	
Link	https://us02web.zoom.us/j/85302961525?pwd=dGxJcGZHK0Z3cml4Z3JDbmE5L1NLZz09				https://meet.google.com/guv-kwhe-jzw		
Meeting ID	853 0296 1525			470 602 7634			
Passcode	ea11am			336600			
Video Component		Optional	Optional	Please ask the group for information.	It is PREFERRED, but not required		Please ask the group for information.
Special Interest							
Notes		Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.	The meeting is on the 2nd & 4th Wednesday of the month.	Meeting begins Nov. 5, 2025	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details
Group Contact	John G. at johnthegman59@gmail.com & +1 401-419-1758	Mike K. at mikeka61@gmail.com & +1 301-442-9883	David K. at eabendor@gmail.com & +1 954-562-8487	Leeann C. at +1 530-841-0810; Virginia S. at vschnepp@nvcss.org	Amanda A Email: eaedmonton2025@gmail.com Phone:7809644475	Mary Alice R. at marichwit@gmail.com & +1 214-952-365; Rocky S. at +1 469-547-1367	Tony N. at tonynewman98@yahoo.com & +1 404-453-0194
Okay to text?		yes			yes		
Last updated by EA:							

Wednesdays	6:30 PM CT	7:00 PM CT	7:00 PM CT	7:00 PM CT	8:00 PM - 9:00 PM CT	9:00 PM - 10:15 PM CT	7:30 PM - 8:30 PM UK Time
Group Name	Winston-Salem EA	Sanctuary For All	Recovery is Real				London Online
Based in	Winston-Salem, North Carolina		Hearne, Texas			Oakland, California	London, England, United Kingdom
Type of Group				Specialized Group (Does NOT Follow EAI's Meeting Format)	Specialized Group (Does NOT Follow EAI's Meeting Format)	Hybrid - Remote & Face-to-Face	
Language (if not noted, in English)							
Access Method	**Jitsi Meet**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**
Phone Number						+1 669-900-6833	
Access Code						9524174615#	
Link		https://us05web.zoom.us/j/6064810721?pwd=RGlCcWtPc0xiK05CMXl1UlNMUHIrQT09				https://us02web.zoom.us/j/9524174615	https://us02web.zoom.us/j/88518842227?pwd=ThC5dbbOb9lhk4PgFa2tYbLSDcNhaS.1
Meeting ID		606 481 0721				952 417 4615	885 1884 2227
Passcode		metime2021				Not Required	224363
Video Component	Please ask the group for information.		Preferred, but not required.	Preferred, but not required.	Optional		Required
Special Interest				#83 Workbook Study Group			
Notes	Link to Instructions on How to Join: http://www.triadea.org/ Open Meeting - Everyone is Welcome (Including Newcomers)!		Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	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.	Please wait in the Zoom "waiting room" until the host lets you in.	
Group Contact	Liz G. at jama7378@gmail.com & +1 336-283-1758	Caro W. at sanctuarynyc2021@gmail.com	Leah Ann V. at ttttb2017@yahoo.com & +1 979-412-5035; Donna S. at aggiesmith@aol.com and +1 979-777-9622	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Rosemary H. at +1 586-943-7629; Dwight H. at +1 586-776-3886	Dan S. at danjeffstrauss@gmail.com & +1 510-504-4765; Betty K. at bettykohn374@gmail.com & +1 925-329-7720	Jason S. at emotionsanonymousinthecity@gmail.com
Okay to text?					yes		
Last updated by EA:							

Wednesdays	5:00 PM Greenwich Mean Time +3
Group Name	Connete
Based in	
Type of Group	
Language (if not noted, in English)	English and Kiswhahili
Access Method	**Zoom and Google Meet**
Phone Number	
Access Code	
Link	
Meeting ID	
Passcode	
Video Component	preferred, but not required.
Special Interest	Networking with Resourceful People. Young Adults (18-35 years old) and Adults.
Notes	This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.
Group Contact	Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180
Okay to text?	yes
Last updated by EA:	

Thursdays	12:30 PM CT/ 6:30 PM - 8:00 PM UK Time	1:00 PM CT	1:15 PM - 1:45 PM CT	4:00 PM - 6:00 PM CT	5PM CT	5:00 PM CT	5:00 PM - 6:15 PM CT	5:30 PM CT
Group Name	Newcastle Online	GenZtory	Just For Today - Mini EA Meetings	Growing In Serenity	The Path to Serenity	Help Is Here, Thursday EA Group	Utilizing Not Analyzing the Steps	A Time To Heal
Based in	Newcastle, England, United Kingdom		Mesquite, TX	Chicago, Illinois				Dublin, Pennsylvania
Type of Group							Meditation, Step Meeting & Topic Readings	
Language* if not noted, in English								
Access Method	**Zoom**	**Zoom**	**Phone Call**	**Phone Call**	**Google Meet**	**Zoom**	**Zoom**	**Google Meet**
Phone Number			+1 978-990-5065	+1 312-667-4792				
Access Code			391049#	279396#				
Link		https://us04web.zoom.us/j/3539451668?pwd=aAhgCTNBCDv8quwLZlK0090Mr5BcmA.1			https://meet.google.com/bhg-yvzk-msi	https://us02web.zoom.us/j/85187025377	https://us02web.zoom.us/j/89285951319?pwd=ZGpKalYyZjRsblBySkZUdFU5YVZWdz09	https://meet.google.com/muy-hbsn-oux
Meeting ID	896 219 0662					851 8702 5377	892 8595 1319	/muy-hbsn-oux
Passcode						Not Required	148197	Preferred, but not required.
Video Component		Required			Optional	Optional	Please ask the group for information.	
Special Interest							There is an optional meditation starting at 4:30 PM CT.	

Thursdays	12:30 PM CT/ 6:30 PM - 8:00 PM UK Time	1:00 PM CT	1:15 PM - 1:45 PM CT	4:00 PM - 6:00 PM CT	5PM CT	5:00 PM CT	5:00 PM - 6:15 PM CT	5:30 PM CT
Notes			These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.		This same group ALSO meets online on Tuesdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. 7:00-8:00		**This group is working through the "It Works If You Work It" book, beginning in April 2025.** Members can reach out to the group contact if they would like to know which section the group is currently working on.	
Group Contact	Peter at pefprodev@yahoo.co.uk and 07850-714376	Nazareign W. at nazhopewilliams@gmail.com & +1 571-578-1660; Synthia L. at synthialouis@gmail.com and +1 703-554-9279	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367	Monique (Nikki P) P. at gone0705@icloud.com & +1 (312) 982-5535; Rick W. at richardw1944@sbcglobal.net & +1 (773) 504-4980	Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134	Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312	Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040 (Ok to Text)	Donna G. at dsvg257.1@gmail.com & +1 267-221-8876; Michael J. at stinkybait49@yahoo.com & +1 610-761-0019
Okay to text?		Yes to Nazareign		Yes	yes	Yes		Yes
Last updated by EA:								

Thursdays	6:00 PM CT	6:00 PM - 7:30 PM CT	6:00 PM - 7:30 PM CT	6:30 PM CT	6:30 PM CT	7:00 PM CT	7:00 PM CT	7:30 PM CT
Group Name			Grupo Emociones	EA - Take It Or Leave It	EA Serenity Seekers		EA Atlanta	
Based in	Newburyport/Beverly, Massachusetts	Ukiah, California		Cuyahoga Falls, Ohio	Columbia, Maryland	Burlington, Iowa	Atlanta, Georgia	
Type of Group				Hybrid Meeting - Remote & Face-to-Face	Hybrid Meeting - Remote & Face-to-Face			
Language* if not noted, in English			Español					
Access Method	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Band application**	**Phone Call**	**Zoom**	**Phone Call**
Phone Number		+1 669-900-6833		+1 720-707-2699 **Phone Passcode:** ***Please contact the group at least 2 hours before the meeting starts for information.***				+1 646-744-7993
Access Code		779586						Not Required
Link		https://us02web.zoom.us/j/2299716767?pwd=UDJWMlBoYnpqNWExaDN0cUk4eS9OUT09		https://us02web.zoom.us/j/536104306				
Meeting ID		229 971 6767	952 815 6538	536 104 306			847 0927 5117	
Passcode		779586	943010	**Online Passcode:** ***Please contact the group at least 2 hours before the meeting starts for information.***			419564	
Video Component	Please ask the group for information.		opcional	Please ask the group for information.	Optional		Please ask the group for information.	
Special Interest								

Thursdays	6:00 PM CT	6:00 PM - 7:30 PM CT	6:00 PM - 7:30 PM CT	6:30 PM CT	6:30 PM CT	7:00 PM CT	7:00 PM CT	7:30 PM CT
Notes	**Please contact Steve C. at least 24-48 hours before the meeting starts for the meeting details.**	If you are a newcomer to the meeting please join the meeting at 3:45 PM for assistance.		The Zoom Room opens at 7:00 PM Eastern Time so that the meeting can start on time.	If you will be participating virtually, please contact the group at least 24-48 hours before the meeting starts for the meeting details and login information.	***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***		
Group Contact Okay to text?	Steve C. at scarh10428@aol.com & +1 978-407-8454; Barbara & Duncan M. at bdmac77@aol.com & +1 978-462-4647	Eula B. at +1 707-463-3911	Lizzy R. al +1 787-632-4921/ Jilda R. al +1 787-203-2693 **Si - Jilda**	emotionsanon@yahoo.com & +1 234-206-1232; Dan J. at +1 330-388-4597	Jimi A., email: ea.columbia.thursday@gmail.com	Nadine A. at +1 319-835-5350	Shannon U. at saunderwood65@gmail.com & +1 346-248-7799	Anita K. at anitakoffler@gmail.com & +1 646-744-7993; Sharon P. at outofthebullpen@gmail.com & +1 347-752-2198
Last updated by EA:								

Thursdays	9:00 PM CT	9:00 - 10:00 PM CT	6 pm Indian Standard Time	9:00 - 10:15PM CT	9:30 PM CT	10:00 PM CT	11:00 AM New Zealand Time	6:30 -8:00 PM GMT (UK)
Group Name			Emotional Sobriety Group	The Thursday Night Newcomers' Meeting	EA Vancouver			Newcastle Online
Based in			Delhi		Vancouver, British Columbia	Culver City, California	Hillsborough, Auckland, New Zealand	Newcastle Upon Tyne, England, United Kingdom
Type of Group			Regular Group (Follows EAI's Standard Meeting Format)				Hybrid - Remote and In-Person	
Language* if not noted, in English			English and Hindi					
Access Method	**Zoom**			**Zoom**	**Paltalk App**	**Zoom**	**Zoom**	**Zoom**
Phone Number				922 343 325				
Access Code				12				
Link			https://us06web.zoom.us/j/7279323505?pwd=EXzjSLzgANWDip5z3QgEq7UFogFRCz.1	https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenU0UWNBaXRUU1hDZz09	https://www.paltalk.com/downloads	https://us02web.zoom.us/j/89940070635?pwd=YXpGdXlsOVBDZWltdWMySG1sQ1pXUT09	Please contact the group at least 24-48 hours before the meeting starts for information.	https://us02web.zoom.us/j/89179502163?pwd=tFw2I4JeXqLUVQEBJEtKTBygIWvKMn.
Meeting ID			727 932 3505			899 4007 0635		891 7950 2163
Passcode			1111			sharelove		599414
Video Component	Please ask the group for information.		Optional	Please ask group				Optional
Special Interest								

Thursdays	9:00 PM CT	9:00 - 10:00 PM CT	6 pm Indian Standard Time	9:00 - 10:15PM CT	9:30 PM CT	10:00 PM CT	11:00 AM New Zealand Time	6:30 -8:00 PM GMT (UK)
Notes	***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***				This meeting does not have an audio or video component. It uses chat only. Please search for "Emotions Anonymous Vancouver" on Paltalk approximately five minutes prior to the meeting start time.			
Group Contact	Scott K. at eascottk@gmail.com & +1 774-277-1888		Prakul (+91 9910008614) or Alok (+91 9711000011) at emotionsanonymousindia@gmail.com	Heidi M. at heidimathat@gmail.com	eavancouver@hotmail.ca	Hank K. at hjayk2@yahoo.com or +1 213-210-4912	Susan P. at sparkernz@hotmail.com or +64 210 714 220 & Peti E. at +64 21 154 5832	Jan at janney@hotmail.co.uk and +44 7951 940134
Okay to text?			yes				Yes to both	
Last updated by EA:								

Thursdays	**6:30 - 7:30 PM GMT (UK)**
Group Name	Emotions Anonymous St. Albans Online
Based in	St. Albans, England, United Kingdom
Type of Group Language* if not noted, in English	
Access Method	**Zoom**
Phone Number	
Access Code	
Link	https://us02web.zoom.us/j/88204202317?pwd=PoVAb5zaZq4om1jAHje06aB9ZaC4Ge.1
Meeting ID	882 0420 2317
Passcode	792620
Video Component	Required
Special Interest	

Thursdays	6:30 - 7:30 PM GMT (UK)
Notes	This group meets every Thursday. The third Thursday of each month will be a longer Step Study meeting, from 6:30 - 8:00 PM UK Time During this meeting, the group will look at the step that ties in with the month number. For example, Step 3 in March (the third month), Step 4 in April, etc.
Group Contact Okay to text?	Anne H. at eastalbans@gmail.com
Last updated by EA:	

Fridays	10:00 AM CT	12:30 PM - 2:00 PM CT	12:30 PM - 2:00 PM CT	1:15 PM - 2:15PM CT	1:40 PM CT	2:30 PM CT	4:00 PM - 4:30 PM CT
Group Name	EA Rhode Island			Just For Today - Main Meeting	TGIF	BIPOC of EA II	EA Friday Micro Meeting
Based in	Providence, Rhode Island	California, USA	Woodland Hills, California	Mesquite, Texas			
Type of Group	Hybrid - Remote & Face-to-Face					does not follow EA's standard meeting format	
Language (if not noted, in English)							
Access Method	**Zoom**		**Zoom**	**Phone Call**	**Phone Call**	**Zoom**	**Zoom**
Phone Number	+1 929-205-6099			+1-978-990-5065	+1 425-436-6369	+1 312-626-6799	+1 929-436-2866
Access Code	12802134#				823190#	850906#	56304#
Link	https://carene.zoom.us/j/94310453798?pwd=D0WiOlBsPamRRjS0OBEu2AukU1R5fJ.1		Please ask the group for information.			https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aER	https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ0lDR1YrSVdGVHRUQT09
Meeting ID	943 1045 3798		307 008 9039			825 8861 3001	848 8144 6966
Passcode	12802134		serenity	391049#		850906	56304
Video Component	Optional					Required	
Special Interest	Newcomers welcome! Students respecting anonymity guidelines are welcome.	Open Meeting - Newcomers Welcome!				This meeting is for EA members who identify as Black (African American), Indigenous (Native American), and People of Color only. * includes Latinx/Hispanic, Asian, Pacific Islander, Middle Eastern, etc.* If you do not identify as BIPOC the best way that you can support the group is by not attending the meeting in order to honor this sacred meeting space. There are many other remote EA meetings on this list available to attend. Thank you!	

Fridays	10:00 AM CT	12:30 PM - 2:00 PM CT	12:30 PM - 2:00 PM CT	1:15 PM - 2:15PM CT	1:40 PM CT	2:30 PM CT	4:00 PM - 4:30 PM CT
Notes	The group alternates reading a step one week, then a story of recovery another week, from the basic EA text. The group then shares, reads a pamphlet, and then shares again.	*Please contact the group at least 24-48 hours before the meeting starts for the meeting details.*				This group also meets on Sundays at the same time, using the same Zoom meeting details.	There is a 15-minute meditation before the meeting from 3:45 PM - 4:00 PM CT.
Group Contact	John G. at johnthegman59@gmail.com & +1 401-419-1758; Charles F. at cfeldmanri@gmail.com and +1 401-432-7621	Richard B. at balsamre@gmail.com & +1 310-857-4774; Cliff B. at +1 310-913-1210	Rebecca C.-S. at rscs-gps@msn.com & +1 818-609-9843	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651 or Rocky S. at +1 469-547-1367	Scott J. at lidablue2@gmail.com & +1 507-276-0323	Mrs. Re Re, bipocofea@gmail.com, +1 213-255-8631	Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040
Okay to text?	Calls only to Charles	yes				yes	yes
Last updated by EA:							

Fridays	5:30 PM CT	6:00 PM CT	6:00 PM CT	7:00 PM CT	8:00 PM CT	7:00 PM - 8:00 PM UK Time
Group Name		Norman/Central Oklahoma Serenity Group	EA Happy Hour	Dayton Avenue Chapter		Friday Night London Online
Based in	Decatur/Atlanta, Georgia		Miami, Florida	St. Paul, Minnesota	Houston, Texas	London, England, United Kingdom
Type of Group			This is not a formal EA meeting.	Hybrid - Remote & Face-to-Face		
Language (if not noted, in English)						
Access Method	**Zoom**	**Phone Call**			**Zoom**	**Zoom**
Phone Number	+1 312-626-6799	+1 775-799-9023	+1 (312) 626-6799	+1 240-591-0215		
Access Code	5394705128#		854 6089 5191	722360#		
Link	https://us04web.zoom.us/j/5394705128		https://us06web.zoom.us/j/85460895191?pwd=K0xtWEkrQlAxcnNRbGpoZmJ4Wmo4QT09			
Meeting ID	539 470 5128		854 6089 5191			313 401 7970
Passcode		Not Required	Please reach out to the group contact at least an hour or two before the meeting starts for the meeting passcode.			
Video Component	Optional		Optional			
Special Interest		Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.	An hour of fellowship time. Join us for an hour or more of fun, fellowship, and enjoying one another.			

Fridays	5:30 PM CT	6:00 PM CT	6:00 PM CT	7:00 PM CT	8:00 PM CT	7:00 PM - 8:00 PM UK Time
Notes	Also meets on Tuesdays				*Please send an email including your first name and email address to which the meeting details should be sent.*	
Group Contact	Cliff E. at cliffedge@att.net & +1 404-403-4353	Alice P. at als1pal@aol.com & +1 405-473-7680	Shani C. at inahs444@gmail.com and +1 786-306-4418	Paul W. at wehrweinp@earthlink.net & +1 651-402-6774; Faith J. at faithjohnson27@gmail.com	Becky I. at houstoneaintergroup@gmail.com & +1 832-902-4736	Jason S. at eafridaynightonline@gmail.com & +44 07549 256 393 (You can also contact Jason via WhatsApp.)
Okay to text?		yes	yes			
Last updated by EA:						

Saturdays	5:00 PM Greenwich Mean Time +3	10:00 AM - 11:00 AM CT	10:00 AM CT	12:00 PM (Noon) CT	12:00 PM (Noon) CT	12:30 PM CT	1:00 PM CT
Group Name	Connete	The Path to Serenity	Maximum Service	Saturday EA Inspiration		Help Is Here Saturday Group	EA Vancouver
Based in				California	Costa Mesa, California		Vancouver, British Columbia, Canada
Type of Group							
Language (if not noted, in English)	English and Kiswhahili						
Access Method	**Zoom and Google Meet**	**Google Meet**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Paltalk App**
Phone Number							
Access Code							
Link		https://meet.google.com/bhg-yvzk-msi		https://app.zoom.us/join		https://us02web.zoom.us/j/84764228754	https://www.paltalk.com/downloads
Meeting ID				869 8925 1159	878 2293 0357	847 6422 8754	
Passcode				Please reach out to a group contact for the Zoom meeting password at least 24-48 hours before the meeting starts.	bQ6EqY	Not Required	
Video Component	preferred, but not required.	Optional	Please ask the group for information.	Preferred, not required.	Optional	Please ask the group for information.	
Special Interest	Networking with Resourceful People. Young Adults (18-35 years old) and Adults.						

Saturdays	5:00 PM Greenwich Mean Time +3	10:00 AM - 11:00 AM CT	10:00 AM CT	12:00 PM (Noon) CT	12:00 PM (Noon) CT	12:30 PM CT	1:00 PM CT
Notes	This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.	This same group ALSO meets online on Tuesdays and Thursdays from 7:00-8:00 PM Pacific Time on Google Meet, using the same meeting link. 7:00-8:00	Please contact the group at least one hour before the meeting starts for the meeting details. If this is your first meeting, please join the 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. http://eamaximumservice.weebly.com/				This meeting does not have an audio or video component. It uses chat only. Please search for "Emotions Anonymous Vancouver" on Paltalk approximately five minutes prior to the start time. Optional Step Meetings are held on the fourth Saturday of each month, from 3:00 PM - 4:30 PM CT / 1:00 - 2:30 PM Pacific Time, directly following the regular Saturday meeting.
Group Contact Okay to text? Last updated by EA:	Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180 yes	Ronda M. at rondanohmejia@gmail.com & +1 (503) 405-2067; Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134 yes	Jeff D. at eamaximumService@gmail.com, and +1 217-377-2897; Whit H. at whitheintz@gmail.com, and +1 217-714-5760	Kerry M. and Aleksandra J. at SaturdayEAInspiration@gmail.com	Chuck S. at staff@socal.rr.com & +1 714-915-6129 yes	Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 yes	Doug D. at atma2010@yahoo.ca and +1 604-688-4276; eavancouver@hotmail.ca

Saturdays	1:15 PM - 1:45 PM CT	3:00 - 4:00 PM CT	4:00 PM CT	5:30 PM CT	6:00 PM CT	7:00 PM CT /	7:00 PM CT
Group Name	Just For Today - Mini EA Meetings	"Welcoming the Spiritual Awakening Within Me" Workbook Study Group				Emotional Addiction, Trauma & Co-Dependency	
Based in							Virginia Beach, Virginia
Type of Group		***Specialized Group*** *(Does NOT Follow EAI's Meeting Format)*	***Specialized Group*** *(Does NOT Follow EAI's Meeting Format)*				
Language (if not noted, in English)							
Access Method	**Phone Call**	**Phone Call**	**Zoom**	**Phone Call**	**Zoom**	**Zoom**	**Zoom**
Phone Number	+1 978-990-5065	+1 605-313-4162		+1 425-436-6369			
Access Code	391049#	181510#		823190#			
Link			https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenU0UWNBaXRUU1hDZz09				https://us02web.zoom.us/j/78728329336
Meeting ID			922 343 325		834 1790 1642		787 2832 9336
Passcode			12		756YAw		Not Required
Video Component			Please ask the group for information.		Preferred, but not required.		Please ask the group for information.
Special Interest			Literature Study Group				

Saturdays	1:15 PM - 1:45 PM CT	3:00 - 4:00 PM CT	4:00 PM CT	5:30 PM CT	6:00 PM CT	7:00 PM CT /	7:00 PM CT
Notes	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM CT.	It is strongly recommended that you have your own workbook (#83).			This group also meets on Mondays at 5:30 PM CT / 6:30 PM Eastern Time, using the same Zoom meeting ID and password.	***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***	
Group Contact Okay to text? Last updated by EA:	Mary Alice R. at marichwit@gmail.com & +1 214-952-3651; Rocky S. at +1 469-547-1367	Elana P. at greatfulg6@gmail.com & +1 618-771-9655 (Pacific Time); Yvonne P. at yvonneptoday@gmail.com & +1 503-490-5186 (Pacific Time); Tracie B., please text: +1 915-566-8424 (Mountain time) Yes for Tracie B.	Helga at frustratedgoddess@gmail.com	Ellen J. at jettea@charter.net & +1 757-572-1155 Yes	Adaline W. at adalinew51@gmail.com and 517-219-3376 Yes	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Jenny N. at tigergirl986@yahoo.com; Kirsten S. at kasantiannido@gmail.com & +1 757-620-6781

Saturdays	9:30 PM CT	11:00 AM - 12:00 PM (Noon) UK Time	5:00 PM Greenwich Mean Time +3
Group Name		Saturday UK Online	Connete
Based in	Cupertino, California	United Kingdom	
Type of Group			
Language (if not noted, in English)			English and Kiswhahili
Access Method	**Zoom**	**Zoom**	**Zoom and Google Meet**
Phone Number			
Access Code			
Link		https://us02web.zoom.us/j/84497530993pwd=aNqjkvPZKpZNVCuBPm99f4cd7c8h0J.1	
Meeting ID		844 9753 0993	
Passcode		171452	
Video Component	Please ask the group for information.	We encourage members to have their video on, but it is not required.	Video is preferred, but not required.
Special Interest		"The only requirement for EA membership is a desire to become well emotionally," as stated in Tradition 3. All are welcome.	Networking with Resourceful People. Young Adults (18-35 years old) and Adults.

Saturdays	9:30 PM CT	11:00 AM - 12:00 PM (Noon) UK Time	5:00 PM Greenwich Mean Time +3
Notes	***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***	Please visit the UK EA website for the most up-to-date meeting and contact information at https://www.emotionsanonymous.org.uk/find-a-meeting. We meet online through Zoom and utilize the waiting room for the safety of our members.	This meeting will mostly be held ONLINE, in English and Swahili, unless there are crucial matters that require face-to-face interactions. If so, that will take place in a group member's residence.
Group Contact Okay to text? Last updated by EA:	Gloria B. at burdlady@gmail.com & +1 408-636-8453	Marc at ea_saturday_meeting@yahoo.com	Denis M. at denismuchira1998@gmail.com, or wachiradean@gmail.com, and phone number +254 0799398180 Yes

Sundays	**10:00 AM Central Time** / 8:00 AM Pacific Time	**11:00 AM - 12:00 PM (Noon) Central Time** / 9:00 AM - 10:00 AM Pacific Time	**11:00 AM - 12:00 PM (Noon) Central Time** / 9:00 AM - 10:00 AM Pacific Time	**12:00 PM (Noon) Central Time** / 1:00 PM Eastern Time	**1:30 PM Central Time** / 2:30 PM Eastern Time	**2:30 PM Central Time** / 3:30 PM Eastern Time	**4:00 PM - 4:40 PM Central Time** / 5:00 PM - 5:40 PM Eastern Time	**5:30 PM Central Time**
Group Name		EA International Meeting		One Day At a Time		BIPOC of EA II	Core Emotions: Back to Basics	
Based in								
Type of Group						does not follow EA's standard meeting format	**This group follows a non-standard EA meeting format, and is open for anyone to join. These are shorter 40-minute meetings.**	
Language (if not noted, in English)								
Access Method	**FreeConferenceCall**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**
Phone Number	+1 718-362-6360	+1 669-900-6833				+1 312-626-6799	+1 (312) 626-6799	
Access Code	1813110#	84608549857#				850906#		
Link		https://us02web.zoom.us/j/84608549857?pwd=NTlTMyt5c2VldmpNelYwNkFSNjQwQT09				https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aER		https://us04web.zoom.us/j/4604771285?pwd=WWR5K3IrOU1yTmVvV2hIOWN6endHdz09
Meeting ID		846 0854 9857				825 8861 3001	745 746 7707	460 477 1285
Passcode		893674				850906	Joy	583374
Video Component		Optional	Optional	Optional	Please ask the group for information.	Required	Optional (But video is preferred)	Optional
Special Interest						BIPOC only – Black (African American), Indigenous (Native American), People of Color. This meeting is for EA members who identify as Black (African American), Indigenous (Native American), and People of Color only. *People of Color include Latinx/Hispanic, Asian, Pacific Islander, Middle Eastern, etc.* If you do not identify as BIPOC the best way that you can support the group is by not attending the meeting in order to honor this sacred meeting space. There are many other remote EA meetings on this list available to attend. Thank you!		

Sundays	10:00 AM Central Time / 8:00 AM Pacific Time	11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time	11:00 AM - 12:00 PM (Noon) Central Time / 9:00 AM - 10:00 AM Pacific Time	12:00 PM (Noon) Central Time / 1:00 PM Eastern Time	1:30 PM Central Time / 2:30 PM Eastern Time	2:30 PM Central Time / 3:30 PM Eastern Time	4:00 PM - 4:40 PM Central Time / 5:00 PM - 5:40 PM Eastern Time	5:30 PM Central Time
Notes			Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	The remote space will open at 2:00 PM Eastern Time for casual conversation. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	This group also meets on Sundays at the same time, using the same Zoom meeting details.	Meeting topics by request. For group contact or topic requests, please email msjuniper74@gmail.com.	
Group Contact	Barbara M.-C. at bmayclark@gmail.com & +1 916-743-8134	Heidi M. at heidimathat@gmail.com	Tommy G. at tommygrant1964@gmail.com & +1 626-376-8293; Jessie G. at jessiegrant026@gmail.com & +1 626-360-6853	Manny R. at eagroupmeet@aol.com & +1 954-639-9989	Rosemary H. at 586-943-7629; Dwight H. at 586-776-3886	Mrs. Re Re, bipocofea@gmail.com, +1 213-255-8631	Jennifer P. at +1 716-418-6713; msjuniper74@gmail.com	Lynne S. at lynnesmith50@hotmail.com & +1 712-420-2058
Okay to text?					Yes	yes	Yes to Jennifer - No calls	
Last updated by EA:								

Sundays	**5:30 PM - 7:00 PM Central Time**	**6:00 PM - 7:30 PM Central Time** / 7:00 PM - 8:30 PM Eastern Time	**6:00 PM CT**	**7:00 PM Central Time** / 8:00 PM Eastern Time	**7:00 PM Central Time** / 8:00 PM Eastern Time	**7:30 PM - 8:30 PM Central Time** / 6:30 PM - 7:30 PM Mountain Time	**4:00 PM <u>UK Time</u>**	
Group Name	We Don't Come for Other People	Twelve Steps to Emotional Recovery		EA International Women's Co-Sponsoring Group	Emotional Addiction, Trauma & Co-Dependency	Boulder, Colorado EA Group	Reading, UK	
Based in		Winchendon, Massachusetts				Boulder, Colorado	Reading, England, United Kingdom	
Type of Group				Specialized Group *(Does NOT Follow EA's Standard Meeting Format)*				
Language (if not noted, in English)								
Access Method	**Zoom**	**Free Conference Call**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	**Zoom**	
Phone Number		+1 605-313-5681				+1 719-359-4580		
Access Code		7631169#				230782#		
Link	https://us06web.zoom.us/j/83059886204?pwd=885vI0C1hgMXNSmRcv3Q1MeHTYZRMu.1		https://us02web.zoom.us/	https://us06web.zoom.us/j/88538884325?pwd=vH6xj9z9M6nN7cVkVe8a7wPqaR49zb.1		https://us02web.zoom.us/j/83826734484?pwd=V2VsTUpiOEV0U3IybllzbjlCc05qdz09		
Meeting ID	830 5988 6204	poolerrobert	6911825392	885 3888 4325		838 2673 4484	838 6828 1259	
Passcode	789706	000000	S32tBy	ea		230782	25758	
Video Component	Preferred, but not required.	Preferred, but not required. Video component is highly recommended.	Optional	Optional	Please ask the group for information.		Required	
Special Interest				Women's Only Group, Co-Sponsorship & Newcomers Welcome!			"Welcoming the Spiritual Awakening Within Me" Workbook	

Sundays	5:30 PM - 7:00 PM Central Time	6:00 PM - 7:30 PM Central Time / 7:00 PM - 8:30 PM Eastern Time	6:00 PM CT	7:00 PM Central Time / 8:00 PM Eastern Time	7:00 PM Central Time / 8:00 PM Eastern Time	7:30 PM - 8:30 PM Central Time / 6:30 PM - 7:30 PM Mountain Time	4:00 PM UK Time	
Notes		This is a weekly step meeting. Each week we read from "The Yellow Pamphlet," the "Today" Book, and the "EA Big Book." When a newcomer attends, we read Step One during that meeting, and the following week the step sequence is resumed. It is highly recommended that members have copies of the pamphlet and the two books we use.			***Please contact the group at least 24-48 hours before the meeting starts for the meeting details.***			
Group Contact	Bernadette F. at msbernik11@gmail.com and +1 773-607-9108; Lo Lo S. at lspry23@gmail.com and 360-815-3891	Bob P. at pooler_robert@yahoo.com, and +1 978-424-3850	203-982-5856 davidrecove	Ann-Marie at annmarieanonymous@gmail.com and +1 (785) 979-4084	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Randy H. at rhickernell6727@gmail.com & +1 720-876-8099	Matt S. at fpnarrative+ea@gmail.com; Christopher G. at christopher@douaiabbey.org.uk and +44 77 7266 2219	
Okay to text?	Yes	Yes	Yes	Yes			Yes	
Last updated by EA:								