

EVERY Day	5:30 am Central Time	8:30 am CT	6:00 pm CT
Group Name	Step 11 Daily Meditation	The Next Frontier	Showing Up (Virtually)
Type of Group	EA’s Step 11		New Jersey
Language			
Access Method	Zoom	FreeConferenceCall	
Phone #		+1 339-209-6307	Google Meet
Phone password			
Link			
Meeting ID			https://meet.google.com/kgf-medh-wuj
Passcode			
Video Component	Optional		
Special Interest			It is PREFERRED, but not required
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 Rachel K. for the Zoom Meeting ID number.	These meetings only have an audio component.	This meeting is closed to outside participants
Group Contact	rachelkb123@gmail.com	thenextfrontier12@gmail.com	Meetings begin July 1, 2026 Michael G; showingupvirtually@gmail.com; 732-673-5121
Okay to text?	no		Yes
Okay to email	yes		Yes
Okay to call?	no		Yes
New group?			Yes
Last updated by EA:	6/29/26	6/17/26	Yes - 7/1/26 8/3/26

EVERY Weekday	11 a.m. Central Time	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)
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 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.
Notes	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting ID number.	The group contact is also available for one-on-one sponsorship.
Group Contact	Jason F: fieldsjason504@gmail.com	Insha S. at shaikhkerrinsha@gmail.com
Okay to text?	Yes	Yes
Okay to email		
Okay to call?		
New group?		
Last Updated by EAI		

MONDAYS	1:30 Central Time	12 pm (noon) CT	12:00 PM (Noon) CT	1:15 PM - 1:45 PM CT	1:30 PM CT	4:40 PM CT	5:00 CT	5:10 PM CT	5:30 PM CT	5:45 PM - 7:30 PM CT
Group Name	Inner Peace EA	Bend, Oregon EA		Just For Today - Mini EA Meetings	<u>Calgary EA Newcomers</u>		Women Seeking Serenity			Balance and Harmony Group
Type of Group	Remote									
Based in Language (if not noted, in English)	Grand Prairie, Alberta, CA						Utah			
Access Method	Google Meet	Zoom	Zoom	Phone Call	Zoom	Phone Call	FreeConferenceCall	Phone Call	Zoom	Zoom
Phone Number Access Code				+1-978-990-5065		+1 978-990-5033	(609) 663-5848	+1 605-313-4162		
Link or Number Meeting ID Passcode	https://meet.google.com/nhp-hjyw-xnb		https://us02web.zoom.us/j/82698636026?pwd=L3RCcnY3ZmdvSUhGeE1sMVI4Skpadz09 826 9863 6026 835365	391049#	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	3540536#	https://www.freeconferencecall.com/wseekingserenity	181510#	https://app.zoom.us/jc/83417901642756YAw Preferred, but not required.	https://us06web.zoom.us/j/86565355069?pwd=TFRPSjJPVUptRmFmckdDN3pDbkFOZz09 865 6535 5069 Harmony4ME
Video Component	Optional	Optional	Optional							Required
Special Interest	Step and Topic				Newcomers Welcome!		Women only		All are welcome!	
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.		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.			To join by cellphone or tablet, download the Free Conference Call App And enter “wseekingserenity” for the Meeting ID.			<u>NO weekly meetings are scheduled from July 1st, 2025 to September 1st, 2025. Meetings will resume weekly starting on Monday, September 8th, 2025.</u>
Group Contact	Sara S. innerpeaceEA@gmail.com	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	Scott J. at lidablue2@gmail.com & +1 507-276-0323	Ester F. at wseekingserenity@gmail.com	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
Okay to text?							no		yes	yes
Okay to email?							Yes			
Okay to call?							No			
New group?							6/29/26			
Last updated by EA:	2/2/26						7/1/26			4/10/26

MONDAYS	6:00 PM - 7:30 PM CT	6:00 PM CT	6:00 PM CT	6:00 PM CT	6:00 PM - 7:30 PM CT	6:00 PM CT	6:30 PM CT	6:30 PM CT	6:30 PM CT /
Group Name	Grupo Emociones	Norman/Central Oklahoma Serenity Group		Metro Atlanta, Georgia EA Group	Grupo Emociones	Empowering Through Emotions:EA Hybrid - Remote & Face-to-Face		Ann Arbor, Michigan Emotions Anonymous	
Type of Group									
Based in Language (if not noted, in English)						Wellsboro, PA	Brooklyn NY		Vienna, VA
Access Method	Español Zoom	Phone Call	Google Meet	Zoom - online & phone	Español Zoom	Google Meet	Zoom	FreeConferenceCall (FCC)	Zoom
Phone Number		+1 775-799-9023		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://meet.google.com/zyd-retg-spd	https://us06web.zoom.us/j/83725451223?pwd=htdWpEJaeUOkj2VgOtGVh6xXnB4uM9.1		https://us02web.zoom.us/j/74972189018
Meeting ID	952 815 6538			7497 3386	952 815 6538		837 2545 1223		749 7218 9018
Passcode	943010	Not Required		149674	943010		329703		625845
Video Component	opcional			Optional	opcional				Optional
Special Interest		Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.							
Notes			Please ask the group for information. Please contact the group at least 24-48 hours before the meeting starts for the meeting details.			Meeting virtually at 7pm every other Monday starting on August 31, 2026. Will look into adding more virtual meetings as we get started. Also meets in-person at 5pm CT		Please contact the group at least 2 hours before the meeting starts for the meeting details.	
Group Contact	Lizzy R. al +1 787-632-4921/ Jilda R. al +1 787-203-2693	Alice P. at als1pal@aol.com & +1 405-473-7680	Jeff P. at jjp32059@gmail.com & +1 234-320-2570	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	Emily L. eawellsboropa@gmail.com; 570-404-9538	eabrooklynrgroup@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
Okay to text?	Si - Jilda	yes		yes		Yes		yes	
Okay to email?						Yes			
Okay to call?						Yes			
New group?						8/17/26			
Last updated by EA:						8/5/26			

MONDAYS	6:30 PM CT	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 <u>UK</u> Time	6:30 PM <u>Western</u> <u>European Time</u> (Segunda-feira 18:30 Hora da Europa Ocidental)
Group Name	Vienna, VA	EA LA SHARE		Riverside EA	Nottingham Step Meeting Online	Caminhar em Esperança
Type of Group						
Based in Language (if not noted, in English)	Toronto, Canada	Los Angeles, California	Austin, Texas	Riverside, California	Nottingham, England, United Kingdom	
Access Method		Zoom	Zoom	FreeConferenceCall (FCC)	Zoom	<u>Portuguese (Português)</u> Skype
Phone Number Access Code				‘+1 425-436-6391		
Link or Number Meeting ID Passcode		https://us02web.zoom.us/j/87571273675?pwd=ODREQ2hHZDFheWo0ME5hMUFLN0hoZz09 875 7127 3675 sharelove	See below 891 2710 0888 385513	215353#	Text Contact for meeting information 525 442 2635 279962	
Video Component	Optional		Optional	This meeting only has an audio component.		obrigatório
Special Interest						
Notes	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.		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. Sérgio F. a emocionais.a.lisboa@gmail.com & +351 966912091; Lídia L. a emocionais.a.lisboa@gmail.com & +351 964375499
Group Contact Okay to text? Okay to email Okay to call? New group? Last updated by EA:	Claudia A. at +1 416-778-0302 yes	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	Ok

Tuesdays	12:00 PM (Noon) - 1:30 PM Central Time / 10:00 AM - 11:30 AM Pacific Time					
	10 a .m. GMT	12:00 PM (Noon) - 1:00 PM Central Time / 1:00 PM-2:00 PM Eastern Time	1:15 PM - 1:45 PM Central Time	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	
Group Name Based in	Ea 12 steps 12 traditions New Zealand	Ukiah, California	Virginia Beach, Virginia	Just For Today - Mini EA Meetings	A guide through the EA 12 steps	GenZtory
Type of Group Language (if not noted, in English)	Remote English and Maori		Hybrid - Remote & Face-to-Face			Method: <i>Specialized Group</i> (Does NOT Follow EAI's Meeting Format)
Access Method	Zoom	Zoom	Zoom	Phone Call	Zoom	Zoom
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?eS9OUT09//	https://us06web.zoom.us/j/81378126600			
Meeting ID	86830993357	229 971 6767	872 2635 3721			
Passcode	Ea	779586	Not Required			
Video Component	required	Please ask the group for information.	Optional	Va united methodist church 2nd floor	Required	Optional
Special Interest						Young Adults
Notes	MEETING BEGINS JANUARY 27, 2026. NOT OPEN UNTIL 2026.		In-person held at: 212 19th St, Virginia Beach, VA 23451; VA United Methodist church 2nd floor	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM Central Time.		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. ynthia L. at synthialouis@gmail.com & +1 703-554-9279;
Group Contact			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	Esther at esther@mfm.is & +3546992676; Lilja K. at liljakristine@gmail.com & +3546992442	Group's Second Contact: Nazareign W. at nazhopewilliams@gmail.com & +1 571-578-1660
Okay to text?	Wini T.	Eula B. at +1 707-463-3911	Yes		Yes to Lilja	Yes to Synthia
Okay to email						
Okay to call?						
New group?						
Last updated by EA:			4/13/26			

Tuesdays	5:30 PM Central Time / 6:30 PM Eastern Time	5:30 PM Central Time / 6:30 PM Eastern Time	6:00 PM Central Time	6:00 PM Central Time / 7:00 PM Eastern Time	6:00 PM Central Time / 7:00 PM Eastern Standard Time	6 PM CT/7PM ET
Group Name Based in	Decatur/Atlanta, Georgia		Milwaukee, Wisconsin	Niagara Falls, Ontario, Canada	EA Work IT	New Way of Life Meeting of Emotions Anonymous
Type of Group Language (if not noted, in English)					Specialized Group (Does NOT Follow EAI's Meeting Format)	Regular Group (Follows EAI's Standard Meeting Format)
Access Method	Zoom	FreeConferenceCall	Zoom	Zoom	Zoom	Zoom
Phone Number	+1 312-626-6799	518-992-1050				
Access Code	5394705128#	902896				
Link	https://us04web.zoom.us/j/5394705128				https://us02web.zoom.us/j/81825877847?pwd=ci9aY1hFQ0FaUnV1dm9QZ2tJSEs4Zz09	https://us02web.zoom.us/j/89292999287?pwd=cU5xWkFIWlM1Q2ZwZWxsU0tWVldsZz09
Meeting ID	539 470 5128	paul136			818 2587 7847	892 9299 9287
Passcode					workit	734588
Video Component	Optional	None	Please ask the group for information.		Please ask the group for information.	Video is OPTIONAL
Special Interest					Introduction to the 12 Steps 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.	All are welcome
Notes	Also meets on Fridays	Please contact the group before 6:00 PM Eastern Time on Tuesdays for the meeting details.	As possible, 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.		Sponsored by Roswell GA In-person Group
Group Contact	Cliff E. at cliffedge@att.net & +1 404-403-4353	Paul N. at aibtikarfoundation@gmail.com & +1 929-399-6515	Jeani at +1 414-254-1997; jeaniflute@gmail.com	Melissa E. at missisc2@hotmail.com	eaworkit2021@gmail.com ; Ninfa L. at +1 607-273-3876 ; Matthew S. at +1 607-279-0128	Andy Spencer acspencer121457@gmail.com
Okay to text?			Yes		Text only	404 863 1162
Okay to email						yes
Okay to call?						
New group?						
Last updated by EA:		4/13/26				1/26/26

Tuesdays	6:30 PM Central Time / 7:30 PM Eastern Time	10:00 PM Central Time / 8:00 PM Pacific Time	7:00 PM Central Time	7:00 PM Central Time	7:15 PM - 8:30 PM Central Time	7:00-8:00 PM Pacific Time
Group Name Based in	Ithaca, NY EA Group Ithaca, New York		EA Kansas City Metro Kansas City Metro, Missouri/Kansas	EA Abilene Abilene, Texas	Apple Valley Chapter Burnsville/Apple Valley, Minnesota	The Path to Serenity
Type of Group Language (if not noted, in English)						
Access Method	Zoom	Zoom	Zoom	Facebook Messenger	Zoom	Google Meet
Phone Number		+1 346-248-7799				
Access Code		758 632 0810/Passcode EAgles				
		https://us02web.zoom.us/j/7586320810?pwd=UlkrS1dEMnd1SXp4akJMaU9vT3l6Zz09		https://www.facebook.com/		https://meet.google.com/bhg-yvzk-msi
Link	Please contact the group at least 24-48 hours before the meeting starts for the Zoom meeting details.					
Meeting ID		758 632 0810	822 7071 1933		984905917	
Passcode		EAgles	ea		44838	
Video Component	Optional	Optional	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.	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
Group Contact	Tom F. at 607-220-9959 and tlf11@cornell.edu; Barbara M. at 607-377-7069 & bmgoeast@gmail.com	Michael J. at mjohanson3@cox.net & +1 760-644-8366	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	Kathleen E., kathleene.engel@gmail.com , +1 320-267-2040	Denise P. at replys99@aol.com & +1 503-310-7220
Okay to text?	Text Barbara			Text to Jess		Lauren A. at laurenamato104@yahoo.com and +1 503-349-0134
Okay to email						yes
Okay to call?						
New group?						
Last updated by EA:		5/6/26				2/13/26

Tuesdays	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	10:00 PM Central Time / 8:00 PM Pacific Time	6:30 PM - 8:00 PM UK Time
Group Name Based in		Always Hope Houston, Texas	Discuss the Solution Sacramento, CA	The Path to Serenity		Newcastle Online Newcastle, England, United Kingdom
Type of Group Language (if not noted, in English)						
Access Method	Zoom	Zoom		Google Meet	Zoom	Zoom
Phone Number	+1 346-248-7799				+1 346-248-7799	
Access Code	7586320810#/Passcode 215791#				758 632 0810/Passcode EAgles https://us02web.zoom.us/j/7586320810?	
Link	https://us04web.zoom.us/j/7586320810			https://meet.google.com/bhg-yvzk-msi	https://us02web.zoom.us/j/7586320810?pwd=UlrS1dEMnd1SXp4akJMaU9vT3l6Zz09	
Meeting ID	758 632 0810				758 632 0810	896 219 0662
Passcode	EAgles				EAgles	
Video Component	Optional	Please ask the group for information.	Please ask the group for information.	Optional	Optional	
Special Interest			Newcomers Welcome!			
Notes		<i>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.</i>	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>	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	Michael J. at mjohanson3@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 laurenamoto104@yahoo.com and +1 503-349-0134 yes	Michael J. at mjohanson3@cox.net & +1 760-644-8366	Peter at pefprodev@yahoo.co.uk and 07850-714376
Okay to text?						
Okay to email						
Okay to call?						
New group?						
Last updated by EA:						

Wednesdays	9 - 10 a.m. CT	9:55 AM - 10:55 AM Central Time	10:30 AM CT	12:00 CT (6PM GMT) WABHARM FOUNDATION EMOTIONAL SUPPORT GROUP	12:00 PM (Noon) CT	1:00 PM CT	1:15 PM - 1:45 PM CT	1:30 - 2:30 PM CT / 7:30 - 8:30 PM UK Time	6:00 PM CT
Group Name	EA Medical Focus - 1st & 3rd Wed.	EA Rhode Island	Emotional Factors and Clutter Addiction				Just For Today - Mini EA Meetings	London Online	Newcomer Chat
Based in	Minnesota	Providence, Rhode Island		Ghana	Bend, Oregon	Yreka, California	Mesquite, Texas	London, England, United Kingdom	Tallmadge, Ohio
Type of Group	Remote	Hybrid - Remote & Face-to-Face		Hybrid - remote & Face to Face					
Language (if not noted, in English)									
Access Method	Zoom	Zoom	Zoom	Google Meet	Zoom	Zoom		Zoom	Zoom
Phone Number		+1 646-558-8656					+1 978-990-5065 391049#		
Access Code									
Link	Contact: eamedicalfocus@gmail.com	https://app.zoom.us/jc/88518842227?pwd=ThC5dbbOb9lhk4PgFa2tYbLSDcNhaS.1		meet.google.com/zyj-ihan-qwr				https://us02web.zoom.us/j/82918876797?pwd=Egb70iEz4lUC70Vhiuw47tmYu3z2JR.1	https://us05web.zoom.us/j/82918876797?pwd=Egb70iEz4lUC70Vhiuw47tmYu3z2JR.1
Meeting ID		729 544 6882				470 602 7634		885 1884 2227	829 1887 6797
Passcode						336600		224363	6P5xr0
Video Component	Required		Optional	Optional	Optional	Please ask the group for information.		Required	Optional
Special Interest	Chronic Medical Conditions that are NOT mental health	3rd Wednesday of every month - Speaker Meeting using Steps or 72 Tools of Recovery		EVERYONE IS WELCOME					
Notes	1st Wednesday of every month starting August 5, 2026 - Step Meeting using EA Big Book	Meetings are closed	Please contact the group at least 24-48 hours before the meeting starts for the meeting details.	Meeting begins May 13, 2026	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.	These are mini "meetings." The group's main meeting is on Fridays from 1:15 PM - 2:15 PM, CT.		Begins April 1, 2026. Providing a place and time where a newcomer can chat about Emotions Anonymous with people who have been in the Program a long time and short time.
Group Contact	Kathleen E; eamedicalfocus@gmail.com ; 320-267-2040	John G. at johnthegman59@gmail.com & +1 401-419-1758	Mike K. at mikeka61@gmail.com & +1 301-442-9883	MOHAMMED A.; wabharmservices@ymail.com ; +233246161793	David K. at eabendor@gmail.com & +1 954-562-8487	Leeann C. at +1 530-841-0810; Virginia S. at vschnepp@nvcss.org	Mary Alice R. at marichwit@gmail.com & +1 214-952-365; Rocky S. at +1 469-547-1367	Jason S. at emotionsanonymousinthecity@gmail.com	Dave T. emotionsanon@yahoo.com +1-234-206-1232
Okay to text?	No		yes	no					no
Okay to email	Yes			yes					
Okay to call?	No			no					
New group?	Yes - August 5 ,2026			yes - 5/13/26					yes
Last updated by EA:	6/22/26	1/25/26		5/4/26					3/16/26

Wednesdays	6:00 PM CT	6:30 PM CT	6:30 PM CT	7 PM CT	7:00 PM CT	7:00 PM CT	7:30 PM - 8:30 PM CT	8 PM Central Time	9:00 PM - 10:15 PM CT
Group Name	EA a Place of Healing	Wednesday Evening Weekly EA Step 11	Winston-Salem EA Winston-Salem, North Carolina	Recovery is Real	Sanctuary For All		IL-Michigan EA	Inner Peace EA	
Based in				Texas				Remote	Oakland, California
Type of Group Language (if not noted, in English)				Remote		Specialized Group (Does NOT Follow EAI's Meeting Format)	Closed Meeting (Follows EAI Format)	Grand Prairie, Alberta, CA	Hybrid - Remote & Face-to-Face
Access Method	Zoom	Zoom	Jitsi Meet	Zoom	Zoom	Zoom	Zoom	Google Meet	Zoom
Phone Number									+1 669-900-6833
Access Code									9524174615#
Link		https://us02web.zoom.us/j/86309574665?pwd=0lAqatS4lQhf6kqiBVo1R0lLNNUu5w.1		https://app.zoom.us/jc/86309574665	https://us05web.zoom.us/j/6064810721?pwd=RGlCcWtPc0xiK05CMXl1UINMUHlrQT09			https://meet.google.com/nhp-hjyw-xnb	https://us02web.zoom.us/j/9524174615
Meeting ID		863 0957 4665		516348500	606 481 0721				952 417 4615
Passcode		343065			metime2021				Not Required
Video Component	Please ask the group for information.	It is PREFERRED, but not required	Please ask the group for information.	Required		Preferred, but not required.	Optional	Optional	
Special Interest						#83 Workbook Study Group		Step and Topic	
Notes	Please contact the group at least 24-48 hours before the meeting starts for the meeting details	6:30 PM CT - 8 PM CT. Meeting begins June 3.	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.	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 contact the group at least 24-48 hours before the meeting starts for the meeting details.	Please wait in the Zoom “waiting room” until the host lets you in.
Group Contact	Tony N. at tonynewman98@yahoo.com	Sarah V. (203-927-9538) and Rachel K. (857-231-6319) wednesdayeveningeastep11@gmail.com	Liz G. at jama7378@gmail.com & +1 336-283-1758	Leah V. ttttb2017@yahoo.com 979-412-5035 Or Helen S. 917-502-7572	Caro W. at sanctuarynyc2021@gmail.com	Mike K. at mikeka61@gmail.com & +1 301-442-9883	Linda B 312-659-9705 (OK to text) Email lindab142@yahoo.com	Sara S. innerpeaceEA@gmail.com	Dan S. at danjeffstrauss@gmail.com & +1 510-504-4765 ; Betty K. at bettykohn374@gmail.com & +1 925-329-7720
Okay to text?		Yes		Yes			yes		
Okay to email		Yes					yes		
Okay to call?		Yes for Sarah only							
New group?		yes							
Last updated by EA:		6/1/26		3/2/26			6/10/26	2/2/26	

Wednesdays
Group Name
Based in
Type of Group
Language (if not noted, in English)
Access Method
Phone Number
Access Code
Link
Meeting ID
Passcode
Video Component
Special Interest
Notes
Group Contact
Okay to text?
Okay to email
Okay to call?
New group?
Last updated by EA:

Thursdays	12 noon - 2 PM	12:30 PM CT/ 6:30 PM - 8:00 PM <u>UK Time</u>	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	6:00 PM CT	6:00 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	We Have Purpose	
Based in		Newcastle, England, United Kingdom		Mesquite, TX	Chicago, Illinois				Dublin, Pennsylvania		Newburyport/Beverly, Massachusetts
Type of Group Language* if not noted, in English	Hybrid							Meditation, Step Meeting & Topic Readings			
Access Method Phone Number	Carepatron	Zoom	Zoom	Phone Call +1 978-990-5065	Phone Call +1 312-667-4792	Google Meet	Zoom	Zoom	Google Meet	Zoom	Zoom
Access Code				391049#	279396#						
Link Meeting ID	https://app.carepatron.com/JoinCall	896 219 0662	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=ZGpKalYyZjRsblBySkZUdFU5YVZWdz091319YyZjRsblBySkZUdFU5YVZWdz09	https://meet.google.com/muy-hbsn-oux/muy-hbsn-oux	77048959153">https://us04web.zoom.us/j/77048959153?pwd=rPjiDmgo6d7eibzNxXjG5yNhH4jHr3.1/>77048959153	
Passcode							Not Required	148197	Preferred, but not required.	Recovery	
Video Component	Preferred, not required		Required			Optional	Optional	Please ask the group for information. There is an optional meditation starting at 4:30 PM CT.			Please ask the group for information.
Special Interest											
Notes	Estill Springs United Methodist Church 223 Eastbrook Road, Estill Springs, TN 37330			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.			Please contact Steve C. at least 24-48 hours before the meeting starts for the meeting details.

Thursdays	12 noon - 2 PM	12:30 PM CT/ 6:30 PM - 8:00 PM <u>UK Time</u>	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	6:00 PM CT	6:00 PM CT
Group Contact Okay to text? Okay to email Okay to call? New Group? Date: Last updated by EAI:	dswink@thrivecounseling servicestn.com 9318009744 Yes	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 Yes to Nazareign	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@sbcglob al.net & +1 (773) 504-4980 Yes	Denise P. at replys99@aol.com & +1 503-310-7220 Lauren A. at laurenamoto104@yaho o.com and +1 503-349- 0134 yes	Dana J. at danaleesfnm@hotmail.com & +1 505-310-0312 Yes	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 Yes	Mickey.pegasus@yahoo. com; (714) 620-4353	Steve C. at scarh10428@aol.com & +1 978-407-8454; Barbara & Duncan M. at bdmac77@aol.com & +1 978-462-4647
	5/7/26 4/27/26					2/13/26				5/7/26 4/29/26	

Thursdays	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	8:00 PM CT	9:00 PM CT	9:00 - 10:00 PM CT	7-8 pm Indian Standard Time
Group Name	Grupo Emociones		EA - Take It Or Leave It	EA Serenity Seekers		EA Atlanta		Thoughts vs Emotions STUDY GROUP			Emotional Sobriety Group
Based in	Ukiah, California		Cuyahoga Falls, Ohio	Columbia, Maryland		Burlington, Iowa	Atlanta, Georgia		San Diego, CA (6 p.m. PT) Specialized Group (Does NOT Follow EAI's Standard Meeting Format)		Delhi
Type of Group Language* if not noted, in English			Hybrid Meeting - Remote & Face-to-Face	Hybrid Meeting - Remote & Face-to-Face							Regular Group (Follows EAI's Standard Meeting Format)
Access Method Phone Number	Zoom +1 669-900-6833		Español Zoom	Zoom +1 720-707-2699 Phone Passcode: <i>Please contact the group at least 2 hours before the meeting starts for information.</i>		Band application Phone Call		Zoom +1 646-744-7993	Zoom		English and Hindi
Access Code	779586						Not Required				
Link Meeting ID	https://us02web.zoom.us/j/2299716767?pwd=UDJWMIBoYnpqNWExaDN0cUk4eS9OUT09 229 971 6767		952 815 6538	https://us02web.zoom.us/j/536104306 536 104 306 Online Passcode: <i>Please contact the group at least 2 hours before the meeting starts for information.</i>		847 0927 5117		https://app.zoom.us/j/84467195450 https://us06web.zoom.us/j/84467195450 844 6719 5450			https://us06web.zoom.us/j/7279323505?pwd=EXzjSLzgANWDip5z3QgEq7UFogFRcz.1 727 932 3505
Passcode	779586		943010			419564 Please ask the group for information.		Peace	Please ask the group for information.		1111
Video Component	opcional		Please ask the group for information.	Optional					Please ask the group for information.		Optional
Special Interest									Includes Reiki & Meditation		
Notes	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.		<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>		Positive Experiences Encouraged	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>		

Thursdays	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	8:00 PM CT	9:00 PM CT	9:00 - 10:00 PM CT	7-8 pm Indian Standard Time
Group Contact Okay to text? Okay to email Okay to call? New Group? Date: Last updated by EAI:	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 or Dave T at +1 330 634-1787	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	Mia C. at miacara111@gmail.com and 716-998-9102 Yes 1/25/26 7/27/26	Scott K. at eascottk@gmail.com & +1 774-277-1888		Prakul (+91 9910008614) or Alok (+91 9711000011) at emotionsanonymousindia@gmail.com yes

Thursdays	10:00 PM CT	11:00 AM New Zealand Time	6:30 -8:00 PM GMT (UK)	6:30 - 7:30 PM GMT (UK)
Group Name			Newcastle Online Newcastle Upon Tyne, England, United Kingdom	Emotions Anonymous St. Albans Online
Based in	Culver City, California	Hillsborough, Auckland, New Zealand		St. Albans, England, United Kingdom
Type of Group Language* if not noted, in English		Hybrid - Remote and In-Person		
Access Method Phone Number	Zoom	Zoom	Zoom	Zoom
Access Code				
Link Meeting ID	https://us02web.zoom.us/j/89940070635?pwd=YXpGdXlsOVBDZWltZWMySG1sQ1pXUT09 899 4007 0635	Please contact the group at least 24-48 hours before the meeting starts for information.	https://us02web.zoom.us/j/89179502163?pwd=tFw2l4JeXqLUVQEBJEtKTByglWvKMn.89179502163	https://us02web.zoom.us/j/88204202317?pwd=PoVAb5zaZq4om1jAHje06aB9ZaC4Ge.188204202317
Passcode	sharelove		599414	792620
Video Component			Optional	Required
Special Interest				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.
Notes				

Thursdays	10:00 PM CT	11:00 AM New Zealand Time	6:30 -8:00 PM GMT (UK)	6:30 - 7:30 PM GMT (UK)
Group Contact Okay to text? Okay to email Okay to call? New Group? Date: Last updated by EAI:	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 Yes to both	Jan at janney@hotmail.co.uk and +44 7951 940134	Anne H. at eastalbans@gmail.com

Fridays	10:00 AM CT	12:30 PM - 2:00 PM CT	12:30 PM - 2:00 PM CT	1:15 PM - 2:15PM Central Time	1:40 PM CT	2 PM CT (Noon PT)	2:30 PM CT	4:00 PM - 4:30 PM CT	5:30 PM CT	6:00 PM CT
Group Name	EA Rhode Island			Just For Today - Main Meeting	TGIF	Spiritual Awakening STUDY GROUP	Pathfinders EA Group Meeting- Hybrid meeting	EA Friday Micro Meeting		Norman/Central Oklahoma Serenity Group
Based in	Providence, Rhode Island	California, USA	Woodland Hills, California	Mesquite, Texas		San Diego, CA	Pikesville MN		Decatur/Atlanta, Georgia	
Type of Group Language (if not noted, in English)	Hybrid - Remote & Face-to-Face					Specialized Group- DOES NOT Follow EAI's Standard Meeting Format.	Regular Group (Follows EAI's Standard Meeting Format)			
Access Method	Zoom		Zoom	Phone Call	Phone Call	Zoom	Zoom	Zoom	Zoom	Phone Call
Phone Number	646-558-8656			+1-978-990-5065	+1 425-436-6369			+1 929-436-2866	+1 312-626-6799	+1 775-799-9023
Access Code					823190#			56304#	5394705128#	
Link	https://app.zoom.us/j/82230004105?pwd=ErqrsTq98shh0gxOjnaoWTFsYUUt6Ug.1		Please ask the group for information.			http://us06web.zoom.us/j/87226243407	https://us02web.zoom.us/j/82230004105?pwd=ErqrsTq98shh0gxOjnaoWTFsYUUt6Ug.1	https://us02web.zoom.us/j/84881446966?pwd=UmVnOWUvdXhjZ0lDR1YrSVdGVHRUQT09	https://us04web.zoom.us/j/5394705128	
Meeting ID	729 544 6882		307 008 9039			872 2624b3407	822 3000 4105	848 8144 6966	539 470 5128	
Passcode			serenity	391049#		Peace	476656	56304		Not Required
Video Component	Optional						It is PREFERRED, but not required		Optional	
Special Interest	Newcomers welcome! Students respecting anonymity guidelines are welcome. 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.	Open Meeting - Newcomers Welcome!								Readings from the Today Book- discussion of each reading. Most members are 50+ but anyone is welcome.
Notes		<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>				Includes Meditation & Reiki healing	Hybrid meeting: Meeting place: Prologue, Inc. 3 Milford Mill Road Pikesville, MD 21208	There is a 15-minute meditation before the meeting from 3:45 PM - 4:00 PM CT.	Also meets on Tuesdays	
Group Contact	John G. at johnthegman59@gmail.com & +1 401-419-1758	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	Mia C. (716) 998-9102	Bryan J.: EApahfindersrcc@gmail.com; 410-935-6721 or Brian K.: briankorzec@prologueinc.org, 410-917-2702	Kathleen E. at kathleene.engel@gmail.com & +1 320-267-2040	Cliff E. at cliffedge@att.net & +1 404-403-4353	Alice P. at als1pal@aol.com & +1 405-473-7680
Okay to text?										
Okay to email?										
Okay to call?										
Last updated by EA:	4/10/26					7/13/26	3/2/26			

Fridays	6:00 PM CT	7:00 PM CT	8:00 PM CT	8:00 PM CT	7:00 PM - 8:00 PM <u>UK</u> Time
Group Name	EA Happy Hour	Dayton Avenue Chapter		Emotional Anonymous	Friday Night London Online
Based in	Miami, Florida	St. Paul, Minnesota	Houston, Texas	Edmonton, AB, Canada Regular Group (Follows EAI's Standard Meeting Format)	London, England, United Kingdom
Type of Group Language (if not noted, in English)	This is not a formal EA meeting.	Hybrid - Remote & Face- to-Face			
Access Method			Zoom	Google Meet	Zoom
Phone Number	+1 (312) 626-6799	+1 240-591-0215			
Access Code	854 6089 5191	722360#			
Link	https://us06web.zoom. us/j/85460895191? pwd=K0xtWEkrQlAxcnNR bGpoZmJ4Wmo4QT09 854 6089 5191			https://meet.google. com/guv-kwhe-jzw	
Meeting ID	854 6089 5191				313 401 7970
Passcode	Please reach out to the group contact at least an hour or two before the meeting starts for the meeting passcode.				
Video Component	Optional An hour of fellowship time. Join us for an hour or more of fun, fellowship, and enjoying one another.			It is PREFERRED, but not required	
Special Interest					
Notes			<i>Please send an email including your first name and email address to which the meeting details should be sent.</i>	Meeting begins April 17, 2026	
Group Contact		Paul W. at wehrweinp@earthlink. net & +1 651-402-6774;	Becky I. at houstoneaintergroup@g mail.com & +1 832-902- 4736	Amanda A Email: eaedmonton2025@gmail. com Phone:7809644475	Jason S. at eafridaynightonline@gm ail.com & +44 07549 256 393 (You can also contact Jason via WhatsApp.)
Okay to text?					
Okay to email?					
Okay to call?					
Last updated by EA:				4/13/26	

Saturdays	10:00 AM - 11:00 AM Central Time	10:00 AM CT	12:00 PM (Noon) CT	12:00 PM (Noon) CT	12:30 PM CT	1:00 PM CT	1:00 PM CT	1:15 PM - 1:45 PM CT	3:00 - 4:00 PM CT
Group Name	The Path to Serenity	Maximum Service	Saturday EA Inspiration		Help Is Here Saturday Group	EA Vancouver Vancouver, British Columbia, Canada		Just For Today - Mini EA Meetings	“Welcoming the Spiritual Awakening Within Me” Workbook Study Group
Based in			California	Costa Mesa, California			Virginia Beach, VA		Specialized Group (Does NOT Follow EAI's Meeting Format)
Type of Group Language (if not noted, in English)									
Access Method Phone Number Access Code	Google Meet	Zoom	Zoom	Zoom	Zoom	Paltalk App	Zoom	Phone Call +1 978-990-5065 391049#	Phone Call +1 605-313-4162 181510#
Link Meeting ID	https://meet.google.com/bhg-yvzk-msi		https://app.zoom.us/join 869 8925 1159 Please reach out to a group contact for the Zoom meeting password at least 24-48 hours before the meeting starts.	878 2293 0357	https://us02web.zoom.us/j/84764228754 847 6422 8754	https://www.paltalk.com/downloads	Zoom: https://us02web.zoom.us/j/85616048716		
Passcode				bQ6EqY	Not Required		Not Required		
Video Component	Optional	Please ask the group for information.	Preferred, not required.	Optional	Please ask the group for information.				
Special Interest		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.	Hybrid - also meets in person Potters House 1709 Pacific Ave, Virginia Beach, VA 23451	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).
Notes				NOTE: This is a step study meeting.					

Saturdays	10:00 AM - 11:00 AM Central Time	10:00 AM CT	12:00 PM (Noon) CT	12:00 PM (Noon) CT	12:30 PM CT	1:00 PM CT	1:00 PM CT	1:15 PM - 1:45 PM CT	3:00 - 4:00 PM CT
Group Contact Okay to text? Okay to email? Okay to call? New Group? Last updated by EA:	Ronda M. at rondanohmejia@gmail. com & +1 (503) 405-2067; Lauren A. at laurenamoto104@yahoo. com and +1 503-349-0134 yes	Jeff D. at eamaximumService@gmail .com, and +1 217-377- 2897; Esteban G. at egarciatx87@gmail.com and +1 214-881-0260	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	tigergirl986@yahoo.com	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.
		4/13/26		4/10/26			4/13/26		

Saturdays	4:00 PM CT	5:30 PM CT	6:00 PM CT	7:00 PM CT /	7:00 PM CT	9:30 PM CT	11:00 AM - 12:00 PM (Noon) <u>UK Time</u>
Group Name				Emotional Addiction, Trauma & Co-Dependency		Saturday UK Online	
Based in				Virginia Beach, Virginia		Cupertino, California	United Kingdom
Type of Group Language (if not noted, in English)	Specialized Group (Does NOT Follow EAI's Meeting Format)						
Access Method	Zoom	Phone Call	Zoom	Zoom	Zoom	Zoom	Zoom
Phone Number		+1 425-436-6369					
Access Code		823190#					
Link	https://us02web.zoom.us/j/922343325?pwd=TzNDSUVwcWNLenU0UWNBaXRUU1hDZz09			https://us02web.zoom.us/j/78728329336		https://us02web.zoom.us/j/84497530993pwd=aNqjkvPZKpZNVCuBPm99f4cd7c8h0J.1	
Meeting ID	922 343 325		834 1790 1642		787 2832 9336		844 9753 0993
Passcode	12		756YAw		Not Required		171452
Video Component	Please ask the group for information.		Preferred, but not required.		Please ask the group for information.	Please ask the group for information.	We encourage members to have their video on, but it is not required. "The only requirement for EA membership is a desire to become well emotionally," as stated in Tradition 3. All are welcome.
Special Interest	Literature Study Group						
Notes				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.		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.	

Saturdays	4:00 PM CT	5:30 PM CT	6:00 PM CT	7:00 PM CT /	7:00 PM CT	9:30 PM CT	11:00 AM - 12:00 PM (Noon) <u>UK Time</u>
Group Contact Okay to text? Okay to email? Okay to call? New Group? Last updated by EA:	Helga at frustratedgoddess@gmail.com	Ellen J. at jettea@charter. net & +1 757-572-1155 Yes	Adaline W. at adaline51@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 4/13/26	Gloria B. at burdlady@gmail.com & +1 408-636-8453	Marc at ea_saturday_meeting@ya hoo.com

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	5:30 PM Central Time	5:30 PM - 7:00 PM Central Time	6:00 PM CT / 7:00 PM Eastern Time	7:00 PM Central Time / 8:00 PM Eastern Time		
Group Name	Sunday Morning Serenity	EA International Meeting		One Day At a Time		BIPOC of EA II		We Don't Come for Other People	Bethel EA	Abundant Life EA Group	EA International Women's Co-Sponsoring Group	
Based in									Bethel, Connecticut			
Type of Group	One hour phone meeting				Closed Meeting (Follows EAI Format)	does not follow EA's standard meeting format					Specialized Group (Does NOT Follow EA's Standard Meeting Format)	
Language (if not noted, in English)												
Access Method	FreeConferenceCall	Zoom	Zoom	Zoom	Zoom	Zoom	Zoom	Zoom	Zoom		Zoom	
Phone Number	+1 718-362-6360	+1 669-900-6833				+1 312-626-6799						
Access Code	1813110#	84608549857#				850906#						
Link		https://us02web.zoom.us/j/84608549857?pwd=NTITMyt5c2VldmpNelYwNkFSNjQwQT09				https://us06web.zoom.us/j/82588613001?pwd=QWI3RDdkb21OWDg3aER	https://us04web.zoom.us/j/4604771285?pwd=WWR5K3lrOU1yTmVvV2hlOWN6endHdz09	https://us06web.zoom.us/j/83059886204?pwd=885vl0C1hgMXNSmRcv3Q1MeHTYZRMu.1	https://us06web.zoom.us/j/6911825392?pwd=jXTojQdq0RJQvf9Mr0a37dHer4FJbt.1	https://zoom.us/j/94610092527?pwd=SUFAeGhLR0FLS3o3UVIWZVE0VUZhzZz09	https://us06web.zoom.us/j/88538884325?pwd=vH6xj9z9M6nN7cVkJVe8a7wPqaR49zb.1	
Meeting ID		846 0854 9857				825 8861 3001	460 477 1285	830 5988 6204	691 182 5392	946 1009 2527 247365	885 3888 4325	
Passcode		893674				850906	583374	789706	S3t2By		ea	
Video Component		Optional	Optional	Optional	Please ask the group for information.	Required	Optional	Preferred, but not required.	Optional	Optional	Optional	
Special Interest	Newcomers Welcome					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!					Women's Only Group, Co-Sponsorship & Newcomers Welcome!	
Notes		Feel free to join and just listen in.		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.	Please contact the group at least 24-48 hours before the meeting starts for the meeting details. The remote space will open at 1:15 PM Central Time for casual conversation.	This group also meets on Sundays at the same time, using the same Zoom meeting details.					
Group Contact		Barbara M.-C. at +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	Linda B 312-659-9705 Email lindab142@yahoo.com	Mrs. Re Re, bipocofea@gmail.com, +1 213-255-8631	Lynne S. at lynnsmith50@hotmail.com & +1 712-420-2058	Bernadette F. at msbernik11@gmail.com and +1 773-607-9108; Lo Lo S. at lspry23@gmail.com and 360-815-3891	Dave R. at 203-982-5856 at	Kelsey W. at woodriverea@gmail.com & +1 618-334-6658	Ann-Marie at annmarieanonymous@gmail.com and +1 (785) 979-4084

[illegible]

Sundays	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	Emotional Addiction, Trauma & Co- Dependency	Boulder, Colorado EA Group	Reading, UK	
Based in		Boulder, Colorado	Reading, England, United Kingdom	
Type of Group				
Language (if not noted, in English)				
Access Method	Zoom	Zoom	Zoom	
Phone Number		+1 719-359-4580		
Access Code		230782#		
Link		https://us02web.zoom.us/j/83826734484?pwd=V2VsTUpiOEV0U3lyblIzbjJlCc05qdz09		
Meeting ID		838 2673 4484	838 6828 1259	
Passcode		230782	25758	
Video Component	Please ask the group for information.		Required	
Special Interest			“Welcoming the Spiritual Awakening Within Me” Workbook	
Notes	<i>Please contact the group at least 24-48 hours before the meeting starts for the meeting details.</i>			
Group Contact	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@douaiabb ey.org.uk and +44 77 7266 2219	

Sundays	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>	
Okay to text?			Yes	
Okay to email?				
Okay to call?				
New group?				
Last updated by EAI:				