

Welcome to Al-Anon's Phone Meetings

www.alanonphonemeetings.org

Al-Anon phone meetings are global teleconferences that are scheduled and registered Al-Anon meetings. Qualified Al-Anon members can attend by calling (712) 432-8733 with an access code of 52639#.

MEETING SCHEDULE

All Time Zone on the same phone number and access code as above.

| EST | CST | MST | PST | DAYS |
|----------|------|------|------|---|
| 8am | 7am | 6am | 5am | Saturday and Sunday |
| 9am | 8am | 7am | 6am | Weekdays (Monday thru Friday) |
| 11am | 10am | 9am | 8am | Sunday |
| NOON | 11am | 10am | 9am | Monday ----- Saturday |
| 2pm | 1pm | Noon | 11am | Sunday |
| 4pm | 3pm | 2pm | 1pm | Monday ----- Saturday |
| 10pm | 9pm | 8pm | 7pm | Saturday, Monday, Tuesday, Thursday, Friday |
| Midnight | 11pm | 10pm | 9pm | Thursday |

When you dial in into the meeting you will be muted. No one will be able to hear you. You can be heard by pressing the *1 (star one) keys on your phone to unmute. Please stay muted at all times unless you want to share.

Email: alanonphonemeetings@yahoo.com