

Welcome to Al-Anon's Phone Meetings
www.phonemeetings.org

Phone meetings are global teleconferences that are registered Al-Anon meetings. 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
6am	5am	4am	3am	Daily
8am	7am	6am	5am	Saturday and Sunday
9am	8am	7am	6am	Weekdays (Monday thru Friday)
10am	9am	8am	7am	Saturday
11am	10am	9am	8am	Sunday
NOON	11am	10am	9am	Monday ----- Saturday
2pm	1pm	Noon	11am	Sunday
4pm	3pm	2pm	1pm	Daily
6pm	5pm	4pm	3pm	Saturday
8pm	7pm	6pm	5pm	Daily
10pm	9pm	8pm	7pm	Monday, Tuesday, Thursday, Friday, Saturday, Sunday
Midnight	11pm	10pm	9pm	Monday and 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: phonemeetingsinformation@yahoo.com