

Al-Anon Electronic Meetings

Al-Anon electronic meetings use different online platforms: discussion boards, email, chat, phone and Voice over Internet Provider (VoIP), such as Skype. Each meeting is autonomous in its style, format, and entry procedures and like all Al-Anon meetings, agree to abide by the spirit of the Twelve Traditions. Meetings focus on Al-Anon-related topics, and participants are required to maintain their personal anonymity. Pictures of Al-Anon members and other pieces of personally identifying information are not posted in the meetings. Some participants may have email addresses specifically for the online Al-Anon meeting use and some use pseudonyms.

- Each meeting may have its own entry procedures. Some online meetings have an email contact where a “greeter” will provide the newcomer with specific directions to access the meeting.
- Meetings that don’t list a specific meeting time are held 24/7.

Can’t get out to a meeting? Al-Anon is available for you 24/7

Bulletin Board/Secured Blog

Voice Over Internet Provider

Email Meetings

Phone Meetings

For information on all meetings currently registered with the World Service Office go to

****<https://al-anon.org/al-anon-meetings/virtual-meetings>****

You can also be a part of Al-Anon on:

Facebook : <https://www.facebook.com/AlAnonFamilyGroupsWSO>

Twitter: https://twitter.com/AlAnon_WSO

YouTube : <https://www.youtube.com/channel/UCRP2-e3CnVpa-Vg5Praa9Vw>

Instagram: https://www.instagram.com/alanon_wso/

