

## International Al-Anon On-line Meetings

On-line meetings, like all Al-Anon meetings, agree to abide by the spirit of the Twelve Traditions. Each Al-Anon member is responsible for keeping the meeting focused on Al-Anon recovery and discussion of Al-Anon-related topics. Al-Anon will always be what we—its members—make it.

Confidentiality of sharings may be more difficult to maintain for some Internet services. If you have the need for anonymity, you may want to discuss it further with your Internet service provider.

The following meetings are currently registered with the World Service Office. There are no direct links to any of the meetings from this list. Type the meeting address in your browser or e-mail.

^ Meetings have permission from the WSO to quote Conference Approved Literature on-line

\* Meetings are also open to students and professionals

### **ALATEEN CHAT MEETING**

For safety reasons, only those Alateen meetings administered by the WSO are permitted.

#### **POLISH**

<http://chat-pl.alateen.net/>

### **BULLETIN BOARD MEETINGS**

#### **GERMAN**

**DANDELION \* ^**

<http://www.al-anon-online.ch>

#### **ITALIAN**

**LONTANI e VICINI**

<http://www.al-anon.it/online>

#### **RUSSIAN**

**RADUGA ^**

Tuesday 9:00 pm ET (UTC +3.00)

<http://www.fgump.ru.clubs/15>

**RADUGA ^**

Saturday, 2:00 pm ET (UTC+3.00)

<http://www.fgump.ru.clubs/15>

### **CHAT MEETINGS**

#### **FARSI**

**YARAN HAMDEL (KINDRED SPIRITS)**

Monday, 7pm CET (GMT +2)

<http://host142.gchat.com/nafarsi.com>

#### **POLISH**

**SILA \* ^**

Wednesday 20:00 CET (GMT +2)

[www.al-anon.org.pl/emityng/index.html](http://www.al-anon.org.pl/emityng/index.html)

### **E-MAIL MEETINGS**

#### **GERMAN**

**ELTERN VON ALKOHOLIKERN \***

[www.al-anon-online.de/eva](http://www.al-anon-online.de/eva)

[eva@al-anon-online.de](mailto:eva@al-anon-online.de)

**FAMILY & FRIENDS ^**

[www.al-anon-online.de/ff](http://www.al-anon-online.de/ff)

[ff@al-anon.online.de](mailto:ff@al-anon.online.de)

**OUT OF CHAOS – Adult Children ^**

[www.al-anon-online.de/ooc](http://www.al-anon-online.de/ooc)

[ooc@al-anon-online.de](mailto:ooc@al-anon-online.de)

#### **PORTUGUESE**

**AL-ANONPORT ^ \***

[Alanonport-owner@yahoo.com](mailto:Alanonport-owner@yahoo.com)

#### **RUSSIAN**

**STEPS TO FREEDOM ^**

[alanon@yandex.ru](mailto:alanon@yandex.ru)

### **VOICE OVER INTERNET PROVIDER (VoIP) (Skype)**

#### **ICELANDIC**

**NETFUNDAEILD AL-ANON**

Thursday, 20:00 (GMT +1)

[netfundir@gmail.com](mailto:netfundir@gmail.com)

#### **NEW ZEALAND**

**NEW ZEALAND AL-ANON ONLINE RECOVERY**

Thursday, 7:30 pm NZST

[nzalanononlinerecovery@gmail.com](mailto:nzalanononlinerecovery@gmail.com)

#### **RUSSIA**

**LOTOS**

Sunday, 2:00 pm Moscow Time

Monday, 4:00 pm Moscow Time

Tuesday, 1:00 pm Moscow Time

Wednesday, 1:00 pm Moscow Time

Thursday, 8:00 pm Moscow Time

Saturday, 2:30 pm Moscow Time

[lotoslotos43@yandex.ru](mailto:lotoslotos43@yandex.ru)