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.lontanievicini.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

E-MAIL MEETINGS

GERMAN
ELTERN VON ALKOHOLIKERN *
www.al-anon-online.de/eva
eva@al-anon-online.de

FAMILY & FRIENDS ^
www.al-anon-online.de/ff
ff@al-anon.online.de

OUT OF CHAOS – Adult Children ^
www.al-anon-online.de/ooc
ooc@al-anon-online.de

PORTUGUESE
AL-ANONPORT ^ *
Alanonport-owner@yahoogroups.com

RUSSIAN
STEPS TO FREEDOM ^
alanon@yandex.ru

VOICE OVER INTERNET PROVIDER (VoIP)
(Skype)

ICELANDIC
NETFUNDADEILD AL-ANON
Thursday, 20:00 (GMT +1)
netfundir@gmail.com

NEW ZEALAND
NEW ZEALAND AL-ANON ONLINE RECOVERY
Thursday, 7:30 pm NZST
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