



If you or someone you know feels...

Stressed Frightened Depressed Worried Anxious

Resentful Angry Hopeless Defeated

Emotions Anonymous might be able to help.

EA members come together in weekly meetings to share experiences with people who understand, without fear of criticism.

Emotions Anonymous is an emotional well-being program that helps people learn to live at peace despite the difficulties of daily living.

There are over 150 in-person meetings throughout the country and more than 100 virtual meetings!

For information visit:

EmotionsAnonymous.org