


## Phone meetings:

(The daily 9AM and 7PM, with a 9PM [712-432-0075 654443#] on Friday and Saturday is called Sober Voices. There are almost always 35-60 participants on the call

### Monday:

4:00AM - 515-739-1529 192390#  
5:30AM - 605-475-4821 757034#  
6:00AM - 319-527-2730 959544#  
9:00AM - 515-739-1037 259095#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
3:00PM - 712-451-0675 522178#  
6:00PM - 712-770-4010 688992#  
7:00PM - 712-432-0075 654443#  
9:00PM - 712-451-0235 979634#


### Tuesday:

4:00AM - 515-739-1529 192390#  
5:30AM - 605-475-4821 757034#  
6:00AM - 319-527-2730 959544#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
3:00PM - 712-451-0675 522178#  
4:30PM - 641-715-3300 694733#  
6:00PM - 515-739-1030 310346616#  **LGBTQ**  
7:00PM - 712-432-0075 654443#  
9:00PM - 712-451-0235 979634#

### Wednesday:

4:00AM - 515-739-1529 192390#  
5:30AM - 605-475-4821 757034#  
6:00AM - 319-527-2730 959544#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
3:00PM - 712-451-0675 522178#  
7:00PM - 713-432-0075 654443#  
9:00PM - 712-451-0235 979634#

### Thursday:

4:00AM - 515-739-1529 192390#  
5:30AM - 605-475-4821 757034#  
6:00AM - 319-527-2730 959544#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
11:00AM - 605-475-6767 7332415#  
3:00PM - 712-451-0675 522178#  
6:00PM - 515-739-1030 310346616#  **LGBTQ**  
7:00PM - 713-432-0075 654443#

### Friday:

4:00AM - 515-739-1529 192390#  
5:30AM - 605-475-4821 757034#  
6:00AM - 319-527-2730 959544#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
12:00PM - 712-775-7031 861676259#  
3:00PM - 712-451-0675 522178#  
**7:00PM** and **9:00PM** - 713-432-0075 654443#  
9:00PM - 712-451-0235 979634#

### Saturday:

4:00AM - 515-739-1529 192390#  
4:30AM - 720-707-2699 194505194#  
6:00AM - 319-527-2730 959544#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
3:00PM - 712-451-0675 522178#  
**7:00PM** and **9:00PM** - 713-432-0075 654443#

### Sunday:

4:00AM - 515-739-1529 192390#  
6:00AM - 319-527-2730 959544#  
9:00AM - 712-432-0075 654443#  
10:00AM - 713-775-7031 198520#  
3:00PM - 712-451-0675 522178#  
7:00PM - 712-432-0075 654443#  
9:00PM - 712-451-0235 979634#