Gamblers Anonymous Telephone & Virtual Meetings

There are many things that can prevent someone from attending in-person meetings: health, weather, child care, transportation, and travel, to name a few. If you're unable to attend an in-person meeting, telephone and virtual (Zoom) meetings are available.

Meetings By Telephone:

https://gamblersanonymous.org/phone-meetings/

Wednesday 9:00 pm Eastern / 8:00 pm Central time (National)
Dial 1-267-807-9601, access code 9131957#

Friday 3:00 pm Eastern / 2:00 pm Central time (National)
Dial 1-267-807-9601, access code 9131957#

Thursday 7:30 pm Central Time (Minnesota)
Dial 1-667-770-1377, access code 205035#

The telephone "rooms" open 10-15 minutes before the meeting starts. The meeting administrators explain the protocols and telephone commands for speaking and participating in the meeting.

Virtual (Zoom) Meetings

Click the link below to go to a current listing of virtual meetings:

https://gamblersanonymous.org/virtual-meetings/

Remember: Meetings Make It! Attend in-person meetings, telephone meetings, and virtual meetings, and make a commitment to your Recovery.

This document was revised August 29, 2026. Visit www.GamblersAnonymous.org or www.MinnesotaGA.com to find any changes or updates.

*Minnesota GA Hotline 1-855-222-5542 ** www.MinnesotaGA.com*