

# Avalon 12-Step Meetings by Teleconference: A guide for Meeting Participants

## Meeting times

---

All meetings remain at their regularly scheduled time, however we have allocated 15 minutes before the meeting start time and 15 minutes after the meeting end time on the teleconference line for conversation and fellowship. For larger meetings, this time has been extended.

Please visit our meeting schedule on the website:

<https://www.avalonrecovery.org/avalon-recovery-society/what-we-do/meeting-schedule/>

Meeting participants can log on 15 minutes ahead of time. So if your regular meeting starts at 12:30, you can log on from 12:15.

## Dialing into the meeting

---

- 1) Dial 604-681-0262
- 2) Enter your participant access code (listed below)

### Participant access codes:

**North Shore Meetings:** 5434234

**Vancouver Meetings:** 2693583

**White Rock Meetings:** 6951407

## Tips:

---

If you are not speaking, please mute your phone to minimize background noise and disruptions. You can do this either on your phone directly or by pressing \*6. Don't forget to take yourself off mute when it's your time to share!

When you hang up the phone, a voice message saying "[Your name] has left the conference," this can be very disruptive, so try not to leave the call while someone is speaking.

Make sure you have a quiet, private space to take the call. Try not to take the call on a mobile phone while you are traveling as the call might drop and trigger the exit message above.