

Problem Gambling Group

Via Healthcare Zoom



This group is
open to all genders

**To register call Here 24/7
at 1-844-437-3247 or
speak with your existing
counsellor**

For more information call
**Aakash at
519-742-8327 x270**

Problem Gambling Group Biweekly on Fridays from 4:30pm —6pm

Problem Gambling is a 12-session virtual group designed for individuals who have been actively gambling or are thinking about making changes to their gambling and are open to discussing gambling recovery themes. Participants will develop a greater understanding of gambling, consider how it impacts their physical, mental and emotional well-being and learn about treatment and coping strategies to manage cravings, withdrawal and life stresses.

Group Requirements:

- 24 hours substance free is required prior to attending group
- Access to an email address, stable internet connection and a device with a microphone and camera
- There is no cost to participating in group

To register:

1. Call Here 24/7 to complete a My Assessment
2. Complete a phone call with a House of Friendship counsellor
3. Drop In to the group through the Zoom link (sent by email each day of the group)

****If you are a current program participant in House of Friendship Addiction services, please register through your counsellor. You do not need to call Here 24/7.**

This is an open enrollment group.