



# Problem Gambling Support Group



## Join our Virtual Group Every Tuesday 5:30PM to 7:00PM

We aim to provide a supportive environment for individuals to promote change by developing coping strategies to manage gambling urges and prevent relapse.

### Group Topics Include



What are the Real  
Odds



Get Back Control and  
Set Goals



Prevent Relapse and  
Manage Urges



Build Supports and  
Resources

**You Are Not Alone**

**Call or Email to Get Support Now**



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