

Provincial Gambling Treatment Group

AGES 18 +
VIRTUAL - VIA ZOOM



Is this group for you?

Does your gambling:

- gets in the way of work, school or other activities
- Impact your mental or physical health
- cause you financial difficulty
- affect your reputation
- causes problems with family or friends



Why Attend?

Counselling can help people understand why they gamble, so they can stop, cut down or change their gambling. It can also support the repair of trust and connection with family members.



What to Expect?

Group Facilitators create a safe, non-judgmental space to learn skills to address your gambling problem. The group environment will provide additional support and connection with others who understand with you are going through.

Facilitators :

Holly Whalen (MSW, RSW) Addictions Counselor, Eastern Urban Health Zone
Jamie Howell (BSW, RSW) Regional Addictions Coordinator, Central Health Zone

DETAILS

- Tuesdays
- 6:00 - 8:30 pm (island time)
- 10 sessions
- January (exact date to be confirmed)

For more information visit:
Bridgethegapp.ca

or

Scan QR code



To Sign Up Email:

nlgroups@nlhealthservices.ca