

# 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.

## DETAILS

- January 27, 2026 - April 14, 2026
- Tuesdays
- 6:00 - 8:30 pm (island time)
- 11 sessions



### 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

For more information visit:  
[Bridgethegapp.ca](http://Bridgethegapp.ca)

or

Scan QR code



To Sign Up Email:

[nlgroups@nlhealthservices.ca](mailto:nlgroups@nlhealthservices.ca)