



Welcome to Gam-Anon

**What Makes Our
Recovery Program
Unique?**

Learning Objectives:

**Participants will learn
how Gam-Anon
supports those affected
by someone else's
gambling disorder.**

**Participants will assess
how Gam-Anon can
support and collaborate
with professional
treatment.**



What is Gam- Anon?

**Gam-Anon is a
12-step self help
fellowship for
those affected
by someone
else's gambling
disorder.**



Why do we need Gam-Anon?

How are others affected?

Gambling Screening Assessments

. . . read between the lines . . .

- ***During the past 12 months, have you ever tried to keep your family or friends from knowing how much you gambled?***
- ***Have you ever had to lie to someone important to you about how much you gambled?***

Purposes of Gam-Anon

- 1. To welcome and give assistance and comfort to those affected by someone else's gambling problem.**
- 2. To communicate Gam-Anon's understanding of compulsive gambling and its impact on our lives.**
- 3. To share our experience, strength, and hope in coping with the gambling problem.**
- 4. To use the Steps and Tools of the Gam-Anon Program which nurture our spiritual and emotional growth and recovery.**

From the Gam-Anon Way of Life, page 3



**What makes
Gam-Anon
valuable
and unique?**

**There are no dues or fees
required to attend Gam-Anon.
No appointments are necessary.
Just show up
at a meeting!**



Our Meetings



www.gam-anon.org

**Meeting Directory: In-Person (U.S., Canada, International) and Virtual
HOTLINE: 844-475-4213**



Gam-Anon Literature

What are the Twelve Steps of Recovery?

1. We admitted we were powerless over the gambling problem and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.
3. Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have these defects of character removed.
7. Humbly asked God, of our understanding, to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of his will for us, and the power to carry that out.
12. Having made an effort to practice these principles in all our affairs, we tried to carry this message to others.

(From the Twelve Step Workbook of Gam-Anon, page ii)



Pressure Relief Group Meeting

Spirituality



www.gam-anon.org

“For Mental Health Professionals”

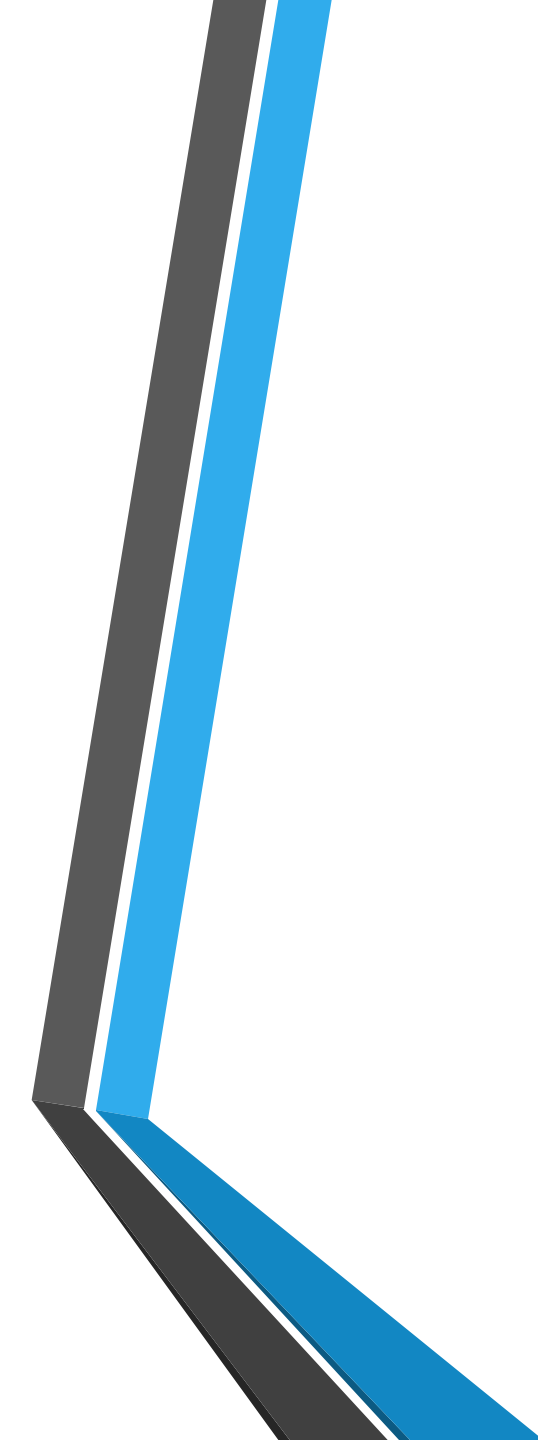
- **Recommended Gam-Anon literature**
- **Free downloads (brochures)**
- **Request a speaker**
- **Public Relations Information Kit**
(free download) ***“Is Gam-Anon for Me?”***
“20 Questions”
“Could Your Child . . . ?”





Key Takeaways

- **Recovery is possible for those affected by someone else's gambling problem.**
- **Gam-Anon offers a unique 12-Step Program and Fellowship.**
- **Professional support can be an additional resource for some Gam-Anon members who need it.**



**Please visit our website
www.gam-anon.org
for more information, meeting
directory, literature, personal
reflections, and more.**

(718) 352-1671

**NEW: NATIONAL HOTLINE
844-475-4213**

The Serenity Prayer



God,
grant me the
Serenity
to accept the things
I cannot change,
Courage
to change the things
I can and
Wisdom
to know the difference.