

BREAKTHROUGH

A GAMBLER'S HELP COUNSELLING GROUP PROGRAM

- WHERE:** Melbourne Counselling Service,
Level 2, 69 Bourke Street, Melbourne
- WHEN:** For more info call Gambler's Help City
and Inner North on **9653 3250**
- WHO:** Anyone with gambling concerns
(whether mandated for treatment or not)
- EMAIL:** mcsintake@aus.salvationarmy.org

SUITABLE FOR:

- People who are concerned about their gambling and want to understand more
- People who prefer a group setting to individual counselling
- People who are able to participate respectfully in a group setting
- People who are required by the justice system to seek treatment for their gambling
- People who want a psychoeducative program to increase their skills in managing their gambling

COURSE TOPICS INCLUDE:

- Understanding problem gambling – definitions, causes, facts and fantasies
- Effects on the gambler and on others
- Learning to identify and manage gambling triggers
- Strategies to limit or prevent gambling
- Managing money
- Relapse prevention and finding alternative activities

ADDITIONAL INFORMATION

- Active participation is expected of all group members
- Group members must attend all sessions in order to receive a Certificate of Participation
- Certificate of Participation can be provided to Community Corrections or the Court
- Resources will be provided for group members who wish to learn more about their gambling.
- Help is available for group members who require further assistance