



# When gambling becomes a problem

***A workshop for people who want to explore their gambling behaviour and move on with their life***

Centrecare is offering a ten week workshop for clients, over the age of 18 years, with an interest in addressing their problematic gambling behaviour. The group is run by experienced counsellors specialising in people with problematic gambling.

Topics to be presented and discussed include:

- Understanding your own reasons for gambling
- Understanding the function of gambling
- Understanding the impact of problem gambling
- Looking at financial harm
- Looking at guilt and shame
- Exploring your core hurts and values
- Reconnecting to who you are beyond problem gambling
- Taking responsibility for who you want to be and how you want to live your life
- Maintenance of change and relapse prevention

**Maximum: 10 participants**

**For further information, please call Centrecare on (08) 9300 7300.**

## **Details:**

Day: Tuesday Evenings

Time: 5.30pm to 7.30pm

Date: 7<sup>th</sup> February 2012

Plus access to ongoing quarterly re-connect follow-up sessions on 15<sup>th</sup> May, 28<sup>th</sup> Aug

Duration: 10 weeks

Parking: Free

Cost: No fee

Location: Centrecare  
85, Boas Avenue,  
Joondalup  
6027