

When Gambling Becomes a Problem



GAMBLING HELP WA



Centrecare

Workshops for people who want to explore their gambling behaviour

The group is run by an experienced counsellor specialising in people with problematic gambling. Family member or partner welcome.

Centrecare/Gambling Help WA is offering a workshop of six (6) weeks duration for clients over the age of 18 years with an interest in addressing their problematic gambling behaviour.

Topics to be covered in the workshops include, but are not limited to:

- Understanding reasons for problem gambling
- Understanding functions of problem gambling
- Understanding impacts of problem gambling
- Exploring motivation to change
- Developing strategies to control problem gambling
- Exploring thought processes
- Reconnecting with our best selves
- Re-evaluation of our lifestyle
- Taking responsibility for gambling behaviour
- Maintaining changes made
- Relapse prevention

Please note:

- All participants must attend at least one individual assessment session at Centrecare prior to commencing the group. (*This assessment will determine suitability for the group.*)



FREE

Details

Day:	Tuesdays
Time:	5.30 - 7.30pm
Dates:	Group 1 - 28 Apr 2026 Group 2 - 27 Oct 2026
Duration:	Groups run for 6 weeks
Location:	Centrecare 456 Hay St. Perth 6000

For further information or to register your interest for the group, please call Centrecare on (08) 9325 6644.

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