



GAMBLING HELP WA



When Gambling

Becomes a Problem

Workshops for people who want to explore their gambling behaviour

Centrecare is offering a workshop of four (4) weeks duration for clients over the age of 18 years with an interest in addressing their problematic gambling behaviour.

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

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

FREE

Details

Day:	Tuesday
Time:	5:30 - 7:30pm
Dates:	
Group 1	20 April - 11 May
Group 2	20 July - 10 August
Group 3	2 November - 23 November
Duration:	Each group runs for 4 weeks
Location:	Centrecare 456 Hay St. Perth 6000

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.)*
- Group numbers limited at 7 - 9 as per COVID -19 requirements

FOR FURTHER INFORMATION OR TO REGISTER YOUR INTEREST FOR THE GROUP, PLEASE CALL CENTRECARE ON (08) 9325 6644

www.centrecare.com.au



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