

When Gambling Becomes a Problem



Workshops for people who want to explore their problem gambling behaviour

Centrecare is offering **three 4 week workshops** for clients over the age of 18 years with an interest in addressing their problematic gambling behaviour.

The groups are 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

Details:

Day: **Wednesday Evenings**

Time: 5.30pm to 7.30pm

Dates commencing:

First Group – 20th March
Second Group – 24th July
Third Group – 23rd October

Duration: 4 weeks per group

Cost: No fee

Location: Centrecare
456 Hay St,
Perth 6000

FREE



Please note that 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.

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