

# Struggling with gambling?

Join our new **Gambling Recovery Group** at Coffs Harbour Neighbourhood Centre. We're here for people who want to take control of their gambling habits and make lasting changes.

## MEETINGS

Tuesdays, 10.30am-12pm

The group's FREE, no rego required. Just show up, but if you'd like a confidential chat, call Leigh at **6648 3663**.

Based on **SMART Recovery**, the group encourages:

- **Self-Management** – *You control your behaviour.*
- **Mutual Support** – *We learn from each other.*
- **Personal Choice** – *You set your own goals.*

**SMART Recovery** is a proven 4-point program that uses cognitive-behavioural techniques to help you:

- Build & maintain motivation
- Cope with urges
- Solve problems
- Achieve a balanced lifestyle

Our facilitators provide support with respect, free of judgement.

Whether your goal is complete abstinence or moderation, we're here for you—even if you slip up.

## Is this group right for me?

- *Gambling is becoming a problem.*
- *I've tried (and failed) to stop or cut back.*
- *Gambling is costing me financially.*
- *I've been asked to get help by my employer.*
- *My family is concerned about my gambling.*
- *I'm chasing losses to "win it back."*
- *I use gambling to escape other issues.*

*The Gambling Recovery Group is run by the **Coffs Harbour Neighbourhood Centre** Gambling Harm Program.*