



## **Pressure Relief Group Meeting on Page 17 of the Combo Book**

Page 17 of the yellow book states: “We encourage every Gambler’s Anonymous member to have a Pressure Relief Group Meeting as it offers guidance toward a normal way of thinking and living.

What can a PRGM (Pressure Relief Group Meeting) do for me?

- It can help You formulate a plan to repay your debts and manage your money.
- It can give You peace of mind by relieving financial pressures.

Even if you have had one in the past, your life and your needs change over time, a PRGM can be a quick tune-up to keep you on the right road. It will provide you with ideas to consider implementing and peace of mind knowing you’re on the right road. A PRGM is a gift of the program.

Send an e-mail to [mn.ga.pressurerelief.com](mailto:mn.ga.pressurerelief.com) or contact a member of the PRGM Committee:

Bill A. 763-218-6680                      Martha B 651-492-1921

Bill C. 651-402-1864                      Cheryl M 612-270-3285

(Note: May need to leave a message and committee member will call you back)

Yours in service,

2022 Pressure Relief Group Meeting Committee

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GAHotline 1-855-222-5542

[www.MinnesotaGA.com](http://www.MinnesotaGA.com)