



Pressure Relief Group Meeting on Page 17 of the Combo Book

The Gamblers Anonymous (GA) Pressure Relief program is available to all members and is particularly useful for:

- New members with a desire to stop gambling
- Members working on a 4th Step financial inventory
- Members interested in re-establishing financial priorities at any time throughout recovery

The main concepts is to offer guidance and methods for:

- Relieving financial pressures
- Designing a budget that leads towards a normal way of thinking and living
- Using tools and sharing experience on making financial amends to those we borrowed from

The program is based on GA-approved handbooks focused on members recovering from compulsive gambling. It is given by GA members, through a Pressure Relief Group Meeting, who have also completed the process and want to help others in their personal recovery, too.

If you are interested in learning more or would like to start, please email the GA Minnesota Area 8A Pressure Relief Committee members at:

mn.ga.pressurerelief@gmail.com