



Pressure Relief Group Meeting on Page 17 of the Combo Book

"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.

Pressure Relief is available. It's as easy as 1, 2, 3.

1. Get a Sponsor

The Gamblers Anonymous program strongly recommends that every GA member have a sponsor. Our Pressure Relief experience has shown that working with a sponsor will improve your results.

2. Save your receipts

One of the Pressures that a PRGM can relieve is financial. Saving your receipts will provide insight into where your money goes, how to repay your debts and become accountable for your obligations.

3. Schedule the meeting

Regularly attend GA meetings and in about 5 weeks, you -- and your sponsor-- can schedule a PRGM.

FOR ADDITIONAL INFORMATION CONTACT US AT:

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