

New Group Schedule for Gamblers

Group Name	Day and Time
1. Seeking Safety and Mindfulness for Gamblers	Monday 4:30 pm- 6 pm Ongoing
2 Recovery PM	Tuesday 5:30-7:00 Ongoing
3 Discovery AM	Wednesday 10 am-11:30am New! 4/30/14
4 Discovery PM	Wednesday with Azusa 5:30 pm-7pm Group Room 2 Ongoing
5 Recovery AM	Friday 10 am- 11:30am New! 5/02/14

Description Discovery- How did I get here?	Recovery- How can I change the old pattern of thinking, feeling, and behaving?
<ul style="list-style-type: none"> • What is Gambling? Chance, Probability and Odds • Similarities and Differences between Gambling and other addictions • Action cycle, Bio-psychosocial-spiritual/ integral dimensions • Triggers— Avoid/ Cope/ Escape • Thinking errors, Independent events, confirmation biases, • Money and strategy issues • Stage of Change and Recovery • Motivation ; Pros and Cons • Values and Society ,Profile of a gambler • Grounding skills in recovery 	<ul style="list-style-type: none"> • Self care and Recovery/ HALTS • Feelings and G • Communication/ Assertiveness • Relationships • Making amends/ Forgiveness to self • Slipping and Relapse • Mindfulness; SOBER Problem Solving or Body Scan • Intro to GA, VPGR