

RECOVERY IN THE DIGITAL WORLD

Problem Gambling Support Group

Introduction

We are pleased to tell you about our Problem Gambling Support Group (PGSG). It is our hope that by reading the information that follows you will gain an understanding of who we are; what we do and why we do it. We are excited for you to learn about our virtual meetings and how our members communicate and support each other outside of meetings. We also think it's important for you to know what to expect, and what we expect, should you decide to join us. By taking the time to read about PGSG, you will be taking an important step in selecting a recovery plan that's right for you. Whatever path you take, we wish you the best in your efforts to find a better way of life without gambling.

Who We Are

We are an online support group created in January 2019 to assist persons struggling with gambling problems. We are not here to help you curb or control gambling. We are here to support your efforts to stop gambling. One of our goals is to reach out to persons who have a desire to stop gambling, but may have felt disenfranchised by other programs. PGSG members learn there is space in the conversation for their voices, thoughts, ideas, perspectives, and concerns because we treasure the diversity in age, gender, race, and nationality of our members. We provide our members with the opportunity to engage in open, honest and thoughtful conversations about their recovery goals as well as their challenges.

PGSG is supported and administered by the Delaware Council on Gambling Problems, Inc. and is not associated or allied with any other group or recovery program. Anyone with a desire to stop gambling is eligible to join PGSG. Our independence from other programs allows us to be unencumbered by rules or restrictions developed at a time when the gambling landscape was very different than today.



Jeff Wasserman, PGSG Administrator



What We Do

The core of PG Support Group lies with our virtual meetings. Participation in group meetings is the essence of the value we offer to members. Our virtual meetings provide an opportunity for problem gamblers to come together with the common goal of achieving and maintaining abstinence from gambling. By sharing experiences, strength and hope, we are no longer alone as we join together on a journey of recovery. PG Support Group provides members with an opportunity to engage with each other between meetings through a “members-only” chat on WhatsApp. PG Support Group’s chat is only available to persons who attend meetings. (For additional information, see the “Attendance” section that follows)

Why We Do It

We do it because we care. We want you to enjoy the miracle of recovery. Gambling disorder is treatable; and for many of us connecting with individuals who understand what we’re going through is critical to maintaining abstinence and improving our lives. Joining a support group is often the first step in reconnecting socially and allowing relationships with family and loved ones to heal.

We do it so you can be part of a welcoming and compassionate group of recovering problem gamblers who won’t judge you. We do it so you don’t have to be alone in this journey.

We have come to learn that one of the gifts of recovery is giving support to others facing the same or similar challenges. We know the value of mutual support and understanding. To keep what you have, you have to give it away. **That’s why we do it.**

Membership

There are **no fees or costs** to become a member of PGSG. Members have opportunities to give back to PGSG, including chairing meetings; mentoring new members; and sharing experiences to support other members.

We welcome members from all over the world, regardless of race, creed, nationality, religion, gender identity, sexual orientation, or any other trait. Currently we have members from North America, South America, Europe, Asia, Africa and Australia.

We make no representations about whether PGSG will meet individual needs or produce specific results. No legal, medical or financial advice is provided by any person or entity associated with PGSG. Members are encouraged to consult with professionals regarding these matters.

Anonymity and Respect

Anonymity is a core component of many support groups, including PGSG. Anonymity is a right, not a privilege. Please respect the anonymity of members wishing to remain anonymous. Members should only be referred to by their first name and first initial of their surname. Any member may choose to disclose their identity, provided the disclosure does not violate another member's right to remain anonymous.

Members are required to be respectful to other members at all times. Abusive comments directed to other members will not be tolerated. Any unacceptable behavior should immediately be reported to the PGSG administrator so the issue may be promptly addressed.





Confidentiality

Maintaining confidentiality is essential to the foundation on which the emotional safety of a support group rests. Please respect the confidentiality of all members. It is not okay to share other members' stories or details of their life that they reveal in our Group. A careless word could cause a loss of their job or give them an excuse to leave the Group.

In addition, members shall not provide meeting links or other information to allow non-members to access meetings, the WhatsApp group chats or the Group's Google spreadsheet. Persons interested in joining the Group should contact the administrator.

Mentors

PG Support Group offers mentors to members new to the Group. A mentor is paired up with a new member (mentee) to assist the mentee's transition to the group. The assistance may include answering questions, providing emotional support, serving as an accountability partner and/or sharing recovery experiences. Mentors are active members with sufficient knowledge of the group and at least ninety days of abstinence. Mentorship is not sponsorship and it is critical the relationship between mentor and mentee be clearly defined by and between them.

Attendance

While there is no minimum number of meetings a member must attend, access to the WhatsApp chats shall only be given to active members who attend a minimum of one meeting during a two week period. Any member who becomes inactive will promptly regain access to the WhatsApp chats following the member's return to meetings.

Meetings

PGSG offers members daily virtual meetings on Zoom. Participation in virtual support meetings is the bedrock of PGSG. The value of attending support group meetings cannot be overstated. Meetings allow participants to share personal experiences and feelings, coping strategies, and firsthand knowledge related to problem gambling. Many of our members indicate that participation in meetings make them feel less lonely and isolated.

Daily meetings are offered at varying times and each meeting generally lasts one-hour. If some attendees wish to continue talking after the meeting ends, effort will be made to keep the meeting room open. Additionally, our topics are both relevant and thought provoking. The success of a support group meeting largely depends on the strength of the connections that develop among participants. We believe it is important to promote strong connections, especially in virtual support group meetings. Accordingly, we require members to be seen as well as heard during meetings.

Meeting links and topics are posted in a “members only” chat on WhatsApp and in a Google Spreadsheet. Active members are given access to the WhatsApp group chats and the Google Spreadsheet. No member shall share access to links or disclose other “members only” information publicly or with a person who is not a member of PGSG. Participation in meetings is limited to members, unless permission is granted by the PGSG administrator. Members are encouraged to chair meetings.

In order to cultivate a safe environment and promote an open and honest dialogue among members, recording of meetings is strictly prohibited. What we hear and say in a meeting stays in the meeting. The Waiting Room function on Zoom is used so persons may not enter a meeting unless the host grants them access. The host has full discretion to remove persons when the host determines it is in the best interest of PGSG. There are certain security risks inherent in virtual meetings and although PGSG has put in place measures aimed at providing members with a safe, secure and confidential meeting environment, no promises or representations are made regarding these issues.





Types

Topic Meeting

Most meetings are topic meetings where a chairperson selects a topic related to gambling and/or recovery, and each attendee is given the opportunity to share their experience, strength, and hope as it relates to the topic. Topics are posted prior to the meeting to allow members to consider the topic ahead of time. First time attendees are invited to share about themselves and what brought them to the Group.

Therapy Meeting

Therapy meetings focus on an individual member's journey of addiction and recovery. The meeting is devoted to members who volunteer to share their story in detail. Loved ones of the member giving therapy may be invited to attend. After the member completes therapy, other participants are given the opportunity to ask the member questions or make comments on the therapy.

Speaker Meeting

A speaker meeting features guests who share knowledge, information and/or experiences related to problem gambling. Examples of guest speakers are: professionals in the areas of problem gambling prevention and treatment; persons harmed by gambling problems of their loved ones; and individuals whose personal connection with problem gambling inspired them to engage in or support causes that further problem gambling awareness and/or funding. Guest speakers are encouraged to give member participants an opportunity to ask questions either during or at the conclusion of their remarks.

Younger Members' Meeting

In addition to our General Members' Meetings, PGSG offers Younger Members' meetings that are specifically designed to address challenges commonly encountered by younger persons in recovery. These meetings are run by a qualified facilitator who promotes and encourages an open and honest dialogue among participants.

Monday

Group Meeting

12:00PM **EST**
9:00AM **PST**
5:00PM **GMT**

Group Meeting

5:00PM **EST**
2:00PM **PST**
10:00PM **GMT**

Tuesday

Group Meeting

9:00PM **EST**
6:00PM **PST**
2:00AM **GMT**

Wednesday

Group Meeting

12:00PM **EST**
9:00AM **PST**
5:00PM **GMT**

Thursday

Group Meeting

9:00PM **EST**
6:00AM **PST**
2:00AM **GMT**

Friday

Group Meeting

5:00PM **EST**
2:00PM **PST**
10:00PM **GMT**

Saturday

Group Meeting

9:00AM **EST**
6:00AM **PST**
2:00PM **GMT**

Sunday

Group Meeting

4:00PM **EST**
1:00PM **PST**
9:00PM **GMT**

Young members only
under 30

Young members preferred
under 30

Read some of our testimonials

"There's no greater joy nor greater reward than to make a fundamental difference in someone's life." Mary Rose McGeady

Waleed M.

I just wanted to THANK YOU for the help and guidance, you and the group gave me. I learned there is a way to tackle this disease and i needed to be hopeful and increase my willing power. Thank you again for reaching out to me that day on reddit, things could have turned completely different for me if you didn't. ❤️❤️❤️

Tim R.

Just want to say I think the way you structure these meetings is excellent. I've probably been to well over 1,000 meetings (NA AA CODA but also Recovery Dharma, SMART recovery, etc) and I think this dialogue driven way is the best

Kelly A.

I for one am very fortunate to have found this group when I did. It came at a critical point in my life and have no one to thank more than you. Thanks for everything you do. See you soon. 🙌

Issam A.

I cannot thank you enough! I have never been strong enough to quit on my own, but meeting all those people i really did not wanna dissapoint them its almost like i didnt even do it for myself. I dont even know how to explain myself for where i found the strength to quit but i just really wanted to thank you for that. I appreciate it sooo much! And i hope i can continue with this progress and i hope your doing fine yourself

Brady P.

Jeff..3 months ago you were sent to me by my higher power to help me not take a bet 1 day at a time...no words for how grateful I am that you have come into my life!! I love your reminders and always look at your zoom box to see if you are nodding in agreement or not...to see if Im on point.

Vishal H.

Was in no mood to do the meeting but the best meetings are one when you just don't listen to yourself and go for it. Thank you everyone for participating and experiences. Certainly the best thing of the day in these tough time. I love you all and feeling grateful. 🙏

Feel free to contact us

JoinUs@dcgp.org

