

Education & Information Sessions for Gamblers, Family & Friends

Gambler's Help Southern offers free information and education sessions as an alternative or complement to individual and group counselling. Sessions aim to help people move their lives away from the harmful effects of gambling. Sessions are facilitated by professional counsellors, and are open to anyone with an interest in this topic.

Each of the three sessions has a different focus and provides different information. People are encouraged to come to all three, or to pick the one or two that suit them the best. The three sessions are offered four times a year.

Session 1: Moving away from gambling

This session will help you learn more about how you can begin to move away from gambling. The session offers an exploration of the role of gambling in your life as well as some practical ideas to help reduce gambling. This session is helpful for people who have decided to reduce gambling and also for those who might just be curious to find out more.

Session 2: Relationships and gambling: a survival guide for gamblers, families and friends.

Whilst families and friends are welcome at any session, session 2 is probably the most useful for families and friends to attend with or without the gambler. This session discusses the impact of gambling on family and friends and also explores the ways that families, friends and the gambler can help each other in this stressful time. A financial counsellor also discusses ways to manage the financial impact of gambling.

Session 3: Moving towards a future without gambling

This session focuses on planning for the future. The session provides strategies to deal with gambling lapses, and also focuses on the bigger life picture. This session encourages you to think about your goals for the future and ways to rediscover the meaning and fun in your life. Options for further assistance, such as counselling, are also discussed.

TO BOOK A PLACE IN ONE OF THESE SESSIONS, CALL GAMBLER'S HELP SOUTHERN INTAKE ON 9575 5353