CHECKLIST

Your First Support Group Meeting Checklist

- [ ] Find a meeting near you using the Gamblers Anonymous or GamCare website
- [ ] Write down the address and travel directions the day before
- [ ] Plan to arrive a few minutes early
- [ ] Bring a notebook if writing helps you process what you hear
- [ ] Remind yourself you can leave if it does not feel right
- [ ] Listen at your first meeting and speak only when you feel ready
- [ ] Try a different group if the first one does not suit you