CHECKLIST

Your checklist for joining a community group after gambling harm

- [ ] Search local council and library websites for community group directories
- [ ] Prepare a short answer about your background that feels comfortable
- [ ] Contact the group organiser before your first visit
- [ ] Plan practical details: location, timing and how you'll get home
- [ ] Arrive early to settle in without feeling rushed
- [ ] Commit to attending three sessions before deciding if it's the right fit
- [ ] Celebrate small wins each time you show up