Whether or not the gambler in your life chooses to seek help, Gam-Anon can help you.

Gam-Anon members are wives, husbands, adult children, parents, family, partners, friends — in fact, anyone whose life affected by a compulsive gambler.

At Gam-Anon meetings, members discuss the gambling addiction and share helpful ways for living with the effects of this problem in their lives.

Gam-Anon members willingly share personal experiences. They understand very well what you are going through because they, too, have been there.

Gam-Anon is an anonymous 12 Step self-help program.

No fees are charged. No appointments are necessary.

JUST SHOW UP at a meeting!

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**OUR MEMBERS SPEAK:**

**From a husband . . .**
Compulsive gambling nearly ruined our marriage -- twice. After the crisis, caused by mounting debts and lies, finding the Gam-Anon program was a blessing. By learning how to best deal with my wife's addiction, I was able to adjust my attitudes, behaviors, and daily activities. Our lives are improving as we both work on healing our relationship.

**From a wife . . .**
In Gam-Anon I have learned to put my trust in a program with a successful history of being a lifesaver for many. I wanted to smile, laugh, and socialize again like many of my Gam-Anon friends.

It took me a long time to finally realize that I had to stop doing things "my way" since this had not improved my life and relationship with the gambler. I had to adopt some difficult changes, but what did I have to lose? I listened closely to the wisdom Gam-Anon members shared from their own personal experiences. I learned that I had to work hard and do things differently in order for my life to change.

In response, my husband began to make changes in his own life. Today, I can laugh, hold my head up high, and cope with life's challenges much better.

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**From a companion . . .**
Shortly after I met my partner, a compulsive gambler, we went to Lake Tahoe and gambled at several casinos there and in Reno. Gambling became a problem and I attended my first Gam-Anon meeting later that year. After about four meetings I stopped attending as the gambler stopped gambling, and it didn't seem to be a problem anymore.

Within a year my partner started gambling again and the situation became unmanageable for me, so I resumed attendance in Gam-Anon and have been attending meetings on a regular basis since that time.

Gam-Anon has become an important part of my life. When gambling became a problem, I felt like I was drowning. I started coming to Gam-Anon because there was nowhere else to turn to, but I had deep reservations and a sense of insecurity in turning to a group of unknown people. From that first meeting the atmosphere was of trust and honesty. I was accepted without question by the group and was able to unburden myself at the initial meeting. I knew I was in the right place with the right people.
From a parent . . .

The hardest thing I ever had to do as a parent was to stop “helping” my son, who is a compulsive gambler. Gam-Anon taught my wife and me not to accept his verbal abuse or to “play detective” when he lied or stayed out all night. In fact, we learned something at every meeting which eventually turned our lives around and truly helped our son.

From a son . . .

As my family and I became aware of my father’s gambling problem, family dynamics became chaotic and my mother descended into depression.

I found the solution in Gam-Anon, a self-help program for families like mine. Gam-Anon helped my family and me understand that we were facing a disease — that of compulsive gambling.

Gam-Anon gave us the tools to learn how to take care of ourselves, heal our wounds, and, though hard work, learn how to co-exist with my father, an active compulsive gambler.

A change in our attitudes contributed to my family’s recovery, improving our relationship with my father. Today, I can smile and, with serenity, face daily challenges thanks to the comfort and support I found among my many friends in Gam-Anon.

Gam-Anon — for the spouse, companion, family members or friends of someone who may have a gambling problem

If Your Life is Affected by Someone Else’s Gambling Problem

LET US HELP

Visit the Gam-Anon website for additional information: www.gam-anon.org