

**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!**

## **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.*

### **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.*



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**Visit the Gam-Anon  
website for additional  
information:  
[www.gam-anon.org](http://www.gam-anon.org)**

**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**

**Local Gam-Anon Contact  
Information:**