

Are you worried about someone's gambling?



A series of free groups for family and friends who are affected by someone else's gambling behaviour, running on Thursdays 10:30am - 2pm. Lunch is provided.

February 2011

VOCAL Carers Centre, Johnston Terrace, Edinburgh

3rd February

Understanding Gambling

The first in the group series - with information about gambling and how it becomes a problem, exploring key concerns and tell tale signs (*with RCA Trust*).

10th February

Coping Strategies

This group looks at how relationships are affected by addiction and explores ways of managing this.

17th February

What Next?

This session follows on from coping strategies with a focus on looking after yourself.

To book a place contact
0131 672 0986
hrendall@vocal.org.uk