

## COMBINED MEETING OF GAM-ANON AND GAMBLERS ANONYMOUS

2023 ONLINE MONTHLY MEETING – 3<sup>rd</sup> Sunday @ 7:00-8:30pm

OPEN TO ANYONE WHO IS SUFFERING DUE TO COMPULSIVE GAMBLING

Each meeting will be led by two persons, each of whom are active and have extensive experience in their respective programs of Gam-Anon and Gamblers Anonymous. A discussion topic or guest speaker will be introduced at the beginning of each meeting. Time will be reserved for Questions & Answers. The meeting is NOT to be recorded. Participation by attendees is suggested, but not required as a way of creating a “safe” place for all (i.e. an attendee may listen only and does not need to have video turned on).

### GUIDELINES for the meeting:

- Confidentiality: What is said in the meeting and who you see in the meeting, does not leave the meeting
- Anonymity: Use of first names only and personal references should not be disclosed (e.g. addresses, occupation, etc.)
- Comments and cross comments: Use of “I” or “me” statements to share experiences, rather than “you” keeps the focus on ourselves and our own recovery. A Chairperson may redirect an attendee as needed.
- Comments or Questions can be submitted anonymously to a Chairperson using the Zoom Chat box
- Zoom: Muted when not speaking; Video turned on is encouraged except when distracting to other attendees

### GENERAL FORMAT:

- Introductions by attendees (optional): First name; Home Group; Days/Months/Years in Program; Connection to compulsive gambling
- Chairpersons introduce and qualify themselves
- Readings from Gam-Anon and Gamblers Anonymous selected literature (on-screen)
- Introduction of discussion topic or guest speaker (Chairperson will explain the specific format and content for the remaining part of the meeting). Topic material may be shared on screen.
- Questions and Answers may be integrated throughout the meeting or reserved for a specific time during the meeting at the Chairperson’s discretion
- Handouts may be made available by the Chairpersons, through the Zoom Chat window
- Closing:
  - o Next meeting announcement
  - o Serenity Prayer (on screen)

**ZOOM Meeting** information for Year 2023 (3<sup>rd</sup> Sunday @ 7pm). Note: One-time registration required

Topic: GAMANON GA COMBINED

Time: Every month on the Third Sunday @ 7:00-8:30pm Eastern Time USA

**JOIN BY** Zoom Link: <https://us06web.zoom.us/j/84881934841?pwd=ZEVpN3A3bHhNTDNQdnRjZnFaQkJPOT09>

Meeting ID: 848 8193 4841

Passcode: 226190#

**OR**, One tap mobile: +16469313860,,84881934841#,,,,\*226190#

**OR**, Dial-in: (646) 931 3860

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