

Connecticut and Western Massachusetts Gamblers Anonymous Intergroup

What is Intergroup?

CT and W. MA Intergroup supports GA's primary purpose of carrying the GA message to compulsive gamblers by answering inquiries for information about GA, providing speakers for other organizations and groups, distributing literature, coordinating Help Line volunteers, and performing Pressure Relief meetings. Intergroup also provides fellowship and support for each of the rooms by sharing best practices and offering each other support and guidance. Intergroup also shares information on room events (such as Open Meetings) and discusses rooms' concerns or issues.

CT and W. MA Intergroup represents the individual GA meetings (rooms) in Connecticut and Western Massachusetts, also known as *GA Area 17*. Intergroup consists of GA members from each of the rooms in Area 17 and elected officers: *Chairperson, Vice Chairperson, Treasurer, Secretary*, and two *Trustees*. The Trustees represent Intergroup at the GA International Service Office (ISO) level.

Additionally, there are elected positions for Committees: *Website, Help Line, Public Relations, Pressure Relief and Sponsorship*. Ideally, each room in Area 17 should have an Intergroup Representative and Alternate, and members involved in each of the committees. You do not have to be a member of Intergroup to attend meetings, or to be on a Committee.

Rooms within Area 17 support Intergroup by sending a Representative to the monthly Intergroup meeting. Each GA room makes a monthly donation to support Intergroup. The amount of the donation is set by each room based on what that room can afford.

The two Trustees represent Area 17 at the Board of Trustees (BOT) Meeting twice a year. They communicate to the BOT any issues concerning Area 17, vote on all issues brought to the BOT for consideration and attend the International Conference following the BOT meetings. The Trustees also visit each room in Area 17 to answer questions and communicates room's concerns to Intergroup and the BOT. If voting is needed on major items, each room vote; sends that vote to Intergroup via that room's Representative; and the Trustees present that vote at the BOT meeting.

Some additional functions performed by Intergroup:

- *Holds Sponsorship and Pressure Relief workshops*
- *Develops and hosts mini-conferences and social events, such as mini golf, picnics.*
- *Helps rooms with issues and problems at the group level*
- *Passes along good and welfare (fellowship) - notifies rooms of members who have medical issues/problems or milestones through their Representative*

Committee Descriptions

Help Line Committee – Maintains a list of all GA members willing to take calls from people looking for help, information requests, and meeting information. This includes training for new members. The Committee collects statistics on calls, interfaces with the phone service company, and submits a monthly report on the calls received. The Help Line is meant to be available 24 hours/day.

Public Relations Committee – Provides information and GA speakers for schools, radio shows, civic organizations, mental health organizations and other non-profits to explain what GA is and how it works. Also, the Committee meets to discuss various ways to attract new members to GA.

Pressure Relief Committee – Conducts Pressure Relief meetings for individual GA members and their spouse or other supporters. Trains GA members on how to conduct a Pressure Relief meeting. Hosts an annual workshop on Pressure Relief.

Sponsorship Committee – Provides information to GA members and GA rooms on how Sponsorship works in the GA program. Hosts an annual workshop on Sponsorship.

Website Committee – Responsible for developing and maintaining the Connecticut and Western Massachusetts website: ctwmaga.org and our email: <ctwmaga@yahoo.com>. The website contains information on problem gambling, a list of all meetings in Area 17, GA FAQs, connections to related websites and information on upcoming events in Area 17.

Your help is needed!

Intergroup works best when all rooms in Connecticut and Western Massachusetts actively participate in the meetings and committees.

Intergroup is seeking new GA members to participate in our monthly meetings. Meetings are held on the first Monday of each month at 7:00 PM at CT Valley Hospital in Middletown, CT.

If you are interested in joining Intergroup, or a Committee, send an email to: ctwmaga@yahoo.com

For members who cannot attend in person, you may call in or connect online:

Zoom

<https://sunlife.zoom.us/j/1233041287>

Meeting ID: 123 304 1287

By phone

Dial: 1-646-931-3826 Passcode: 123 304 1287#

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