



## WHO WE HELP

Services are available to Aboriginal women and their families who are experiencing problems related to gambling or who are concerned about someone's gambling.

### YOUTH (1-17 YEARS OLD)

- Children of problem gamblers
- Teens with gambling issues

### ADULTS (18-54 YEARS OLD)

- Adults with problem gambling
- Family members of problem gamblers

### ELDERS (55+ YEARS OLD)

- Older adults with problem gambling
- Family members of problem gamblers

*Financial support from the Ontario Ministry of Health  
Promotion & Chronic Disease Prevention Branch*

**For more information, understanding,  
support and referral to Problem Gambling  
Treatment Resources:**

**Problem Gambling Coordinator**

380 Ray Boulevard, Thunder Bay ON P7B 4E6  
Phone: (807) 623-3442 · Fax: (807) 623-1104

**Problem Gambling Hotline**

1-888-230-3505 (24hours per day)

[www.responsiblegamblingawareness.com](http://www.responsiblegamblingawareness.com)



[www.onwa.ca](http://www.onwa.ca)

**Head Office**

Unit 15 - 684 City Road  
Fort William First Nations ON P7J1K3  
Phone: (807)577-1492 · Toll Free: 1-800-667-0816  
Fax: (807) 623-1104

**Thunder Bay Satellite Office**

380 Ray Boulevard, Thunder Bay ON P7B 4E6  
Phone: (807) 623-3442

## PROBLEM GAMBLING AWARENESS



*A Voice for Aboriginal Women  
and their Families*

## MANDATE

The objectives and goals of the Problem Gambling Awareness Program are to provide community awareness, education, prevention, and individual referrals to our Aboriginal Women, community members and their families in a culturally appropriate manner.

- Information and Support
- Training and Education
- Community Presentation
- Resource Development
- Advocacy and Support
- Referrals

## WHAT IS GAMBLING?

Gambling involves games of chance where something of value is wagered for personal gain, involves risk taking and may be addictive. This includes bingo, lottery tickets, raffles, sports events and casinos.

## PROBLEM GAMBLING

Problem Gambling is an addiction, not a game and is not done for entertainment or recreation. Problem Gambling is an obsession that can overtake and destroy one's life.

### WHAT IS GAMBLING?

The following are some signs that a person may have a gambling problem:

- Unexplained absences from work, school and / or home
- Borrowing money from family/friends and not trying to pay it back
- Loss of spirituality
- Denial with self, family and/or events in life
- Unexplained large amounts of money and debts
- Self neglect– eating and sleeping habits change, mood swings
- Withdrawal from social activities and relationships

## RESPONSIBLE GAMBLING

For many people gambling is exciting and entertaining. They make careful decisions about spending time and money, where to go and how to have fun

### HOW TO GAMBLE.

#### RESPONSIBLY:

- Set a budget and stick to it
- Do not use cash machines to get more money
- Do not “chase” losses. Accept them as the cost of entertainment
- Balance gambling with other leisure activities
- Take frequent breaks
- Be aware– risk increases at times of loss or depression
- Don't borrow money to gamble
- Gamble for entertainment, not as a way to make money
- Only use discretionary income, not money for everyday expenses.
- Set a time limit