








## Gamblers Anonymous Meetings in Saskatchewan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swift Current</b> <b>6:30 PM</b>  <a href="#">AA Club Rooms</a> 155-3 <sup>rd</sup> Ave. N. E. (south door)  John: 306-741-3331	<b>Saskatoon</b> <b>7:00 PM</b>  <a href="#">St. John's Cathedral - Parish Hall</a> 816 Spadina Cres. E.	 <b>Regina</b>  <b>7:30 PM</b>  <a href="#">Knox Metropolitan Church</a> 2340 Victoria Ave., (Rm. 104)  Doug M: 306-352-3686	<b>Melfort</b> <b>7:00 PM</b>  <a href="#">North East Christian Fellowship Church</a> 903 Main St.  Contact: TBD	<b>Swift Current</b> <b>6:30 PM</b>  <a href="#">AA Club Rooms</a> 155-3 <sup>rd</sup> Ave. N. E. (south door)  John: 306-741-3331	<b>North Battleford</b> <b>7:00 PM</b>  WE STOPPED in TIME <a href="#">Don Ross Centre</a> 891-99th St.  Joe R. 306-441-1654	<b>NO</b>  <b>Meetings</b>  <b>Scheduled!</b>
<b>Saskatoon</b> <b>7:00 PM</b>  <a href="#">St. Thomas Wesley Church</a> 808 20th Street West  Richard S: 306-384-2150	<b>Prince Albert</b> <b>7:30 PM</b>  <a href="#">Holistic Wellness Ctr.</a> 851 23 <sup>rd</sup> St. West, Cottage #3  Liz B: 306-469-4081	<b>Melville</b>  <b>8:00 PM</b>  <a href="#">St. Paul's Lutheran Church</a> 238 3rd Ave. E., (back door)  Bryan: 306-728-1496	<b>Saskatoon</b> <b>7:00 PM</b>  <a href="#">St. John's Cathedral - Parish Hall</a> 816 Spadina Cres. E.  Nestor T: 306-230-9286	 <b>Regina</b> <b>7:30 PM</b> <b>Open</b> HEART to HEART <a href="#">Our Savior's Lutheran Church</a> 190 Massey Road (upstairs)  Jim C: 306-533-1011	 <b>Regina</b>  <b>7:30 PM</b>  <a href="#">Knox Metropolitan Church</a> 2340 Victoria Ave., (Rm. 104)  Susan U: 306-789-2974	
 <b>Regina</b> <b>7:30 PM</b>  <a href="#">Knox Metropolitan Church</a> 2340 Victoria Ave., (Rm. 104)  Dwayne C: 306-737-6927						

*\*All meetings are "Closed" to compulsive gamblers and non-smoking unless specified!*

If gambling is affecting you or someone you care about, please call 1-855-781-9522 or visit us at [www.gamblersanonymousregina.org](http://www.gamblersanonymousregina.org)

## Twenty Questions:

1. Did you ever lose time from work due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible and win back your losses?
8. After a win, did you ever have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use gambling money for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance your gambling?
17. Did gambling cause you to have difficulty sleeping?
18. Do arguments, disappointments, or frustration create within you an urge to gamble?
19. Did you have an urge to celebrate good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

*\*Most compulsive gambler will answer "YES" to at least **seven** of these questions!*

## Gamblers Anonymous:

**Gamblers Anonymous (GA)** is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

## Life Lines:

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Name: \_\_\_\_\_ Ph: \_\_\_\_\_



GOD, GRANT ME THE  
SERENITY TO ACCEPT THE  
THINGS I CANNOT CHANGE, COURAGE TO  
CHANGE THE THINGS I CAN, AND THE  
WISDOM TO KNOW THE  
DIFFERENCE