

## Pressure Relief Group Committee Report

Chair Liason: Harold A

Chair of Committee : Bruce W – Area 1

Co-Chair of Committee: Alvin F – Area 1

**Purpose :** To provide Leadership and Support throughout Gambler's Anonymous by coordinating, educating, training, and clarifying the pressure relief group process that will aid in fostering an atmosphere of continuity, cohesiveness and unity as well as understanding within our fellowship, which will bring about and alleviation of pressures for our members and strengthen and empower members, groups and Gambler's Anonymous as a whole.

The following is the PRGM committee report for the Fall of 2023

The committee has met on multiple occasions and discussed numerous topics while deciding the following courses of action going forward:

1. The Mission Statement is being reformulated and will be presented at the spring 2024 conference
2. A emphasis is made on training women to conduct Pressure Relief Meetings
3. An emphasis on alleviating general pressures through sponsorship,Gam-Anon joint meetings and encouraging connection.
4. The continued effective use of Zoom while conducting PRGM.
5. The execution of use of spreadsheets to be provided in conjunction with the PRGM workbook.
6. The suggestions of a moratorium approach while conducting PRGM.
7. Emphasis on PRGM workshops to better educate our members of the availability and importance of PRGM

This committee is vibrant and active. We look forward executing the above measures and continuing to provide service.

Bruce W.  
PRGM Chair