

Pressure Relief Group Committee

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 2022 and Spring 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 will stay as is, but discussions will continue as to any potential alterations.
2. The promotion of Pressure Relief at each local inter-group and individual meeting level.
3. The tracking of individual Pressure Relief meetings.
4. The use of Zoom while conducting PRGM.
5. The use of spreadsheets to be provided in conjunction with the PRGM workbook.
6. The suggestions of a moratorium approach while conducting PRGM.

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

Bruce W.
PRGM Chair