

## Pressure Relief Group Committee

Chair Liason: Harold A

Chair of Committee : Bruce W – Area 1

Co-Chair of Committee: Alvin F – Area 1

The following is the PRGM committee report for the Spring OF 2024.

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

1. A new Mission Statement is completed
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.
7. Integration and training of females to run Pressure Relief
8. Workshops.with viable outline for local & international usage
9. Training workshops for Pressure Relief
10. International outreach for Pressure Relief

### Proposed Mission Statement:

Our mission is to provide comprehensive support, guidance, and resources to those facing financial, employment, and personal pressures, enabling members to return to a normal way of thinking and living. This is conducted in a safe and confidential environment. We provide leadership and guidance through coordination, education, and training in the pressure relief group meeting process. Our commitment is to reach as many members as possible. We enable members to find financial and personal recovery, support, and the necessary tools to relieve the pressures the compulsive gambler experiences.

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

Bruce W.  
PRGM Chair