

Pressure Relief Group Committee Report
Fall 2025 - Denver

Chair Liaison: Cindi C.

Chair of Committee : Pilar L – Area 1

The following mission statement will be submitted as an agenda item for the Spring 2026 Board of Trustees meeting:

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 an alleviation of pressures for our members and strengthen and empower members, groups and Gambler's Anonymous as a whole and will aid in the member's recovery.

The following is the PRGM committee report for the Fall 2025.

The committee met to discuss numerous topics including:

1. A new Mission Statement (stated above)
2. Undertaking a research project to better understand PRGM promotion and utilization across our areas
3. Establishing a main Point Of Contact for every area, for direct communication and creating a referral list
4. Discuss creating a flyer for the purpose of promoting PRGMs at each local intergroup and meeting level
5. Discuss creating zoom PRGM guidelines
6. Discuss creating digital PRGM forms
7. Discuss creating 2 slide decks for wide distribution "What is a PRGM" and "How does a PRGM work"

Respectfully submitted,

Pilar L, Area 1

PRG Chair