

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 an 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 2024 and Spring of 2025.

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

1. A new Mission Statement is in process
2. The promotion of Pressure Relief at each local inter-group and individual meeting level has been occurring
3. Members share their experiences with Pressure Relief at their meetings has been occurring
4. The use of Zoom while conducting PRGM has been implemented nationwide
5. The use of spreadsheets to be provided in conjunction with the PRGM workbook has been occurring as always
6. The suggestions of a moratorium approach while conducting PRGM have been disseminated
7. Integration and training of females to run Pressure Relief through workshops and at meetings has taken place
8. Training workshops for Pressure Relief have been occurring nationwide
9. International outreach for Pressure Relief is happening

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

Bruce W.

PRGM Chair