

Pressure Relief Group Committee Report  
Spring 2026 - Houston

Chair Liaison: Cindi C.

Chair of Committee : Pilar L – Area 1

Mission Statement:

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 Spring 2026.

The committee met to further discuss numerous topics presented in the last committee report:

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

The committee created and sent out an email to all trustees requesting contact information for the main person in their area who does pressure relief to begin creating the referral list. Those responses have begun coming in to the committee email account. The committee has begun to organize that data. Next, the committee will begin an outreach/research campaign, contacting all of the POCs in order to learn more about PRGMs in each area and how the committee can help.

The committee also responded to several email requests for more PRGM information and put several members in contact with PRGM conductors who help people through zoom.

Respectfully submitted,

Pilar L, Area 1

PRG Chair