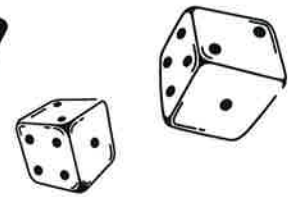


Gambling Awareness Week

MARCH 20-26, 2022



Ask about our services and how we can better support you.

Gambling Awareness Week 2022 is supported by Gambling Support BC, a provincially funded program that provides **free** education, **free** presentations, and **free** counselling to communities across the province. We are a **gaming and gambling neutral program**, providing support and community engagement to fit the needs of diverse communities and people.



Learn more about gaming and gambling support programmes available to you.

30/30 Community Challenge

We are encouraging **30 Southern-Interior communities to proclaim the week of March 20-26 as Gambling Awareness Week**, to start meaningful conversations about how gaming and gambling are involved with our day-to-day lives.



Support yourself and others by raising awareness and ending stigma.

To support communities in the effort to raise awareness for gaming and gambling support, we can offer digital and print resources, social media graphics, informative websites, local workshops, presentations, and webinars.

Did you know that the earlier kids participate in gambling, the more at risk they are of developing a problem? Canadian researchers found that most problem gamblers began gambling as early as **ten years old**?



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Gambling Awareness Week
choicesandchances.ca



Find Your Balance

preventionserviceskamloops.ca

Let's Talk.

March

To raise awareness.
To educate.
To end stigma.

20th - 26th
2022

Resources for Awareness



[Fold 'Em Podcast](#)

Fold em offers straight talk about dealing with the fall-out from gambling. Whether you are looking at stopping or scaling back your own gambling or helping a family member with a problem, this podcast will help you take back control. Hear from gamblers who have been through it. Tips from counsellors. There is a way out from the hold gambling has on your life.



[GameSense](#)

GameSense, sponsored by BCLC, is a great website filled with information not only for people who gamble, but also people who don't have much understanding of gambling. There are plenty of blog posts and fact sheets to help gain a better understanding on the risks of gambling.



[Choices and Chances](#)

Choices and Chances provides informational posts, interactive elements and activities, and self-reflection questions. This website is provided and sponsored by Gambling Support BC



[Gambling Support BC](#)

The BC Government provides British Columbians with free information and resources to support informed choices and healthy behaviours with respect to gambling participation. Free treatment and support services are also available for anyone struggling with their own or a loved one's gambling.