

West Coast Florida Gam-Anon, Tampa Gam-Anon - Saturday Morning - OPEN GA-COMBINED (GA & GAM-ANON) - Meetings

Resource number: 77291344

A program of: Self-Help Support Groups Gam-Anon

Description

The Tampa Saturday Morning Gam-Anon Meeting takes place at Hillsborough United Methodist Church on Saturday mornings from 10:00am-12:00pm (ET) and is an OPEN and COMBINED (GA & GAM-ANON) meeting.

COMBINED MEETING - GA & Gam-Anon Members attend this meeting together.

Description of Location: This meeting is held in the Fellowship Hall - Building 1200; Atrium/Lobby of Hillsborough United Methodist Church

Gamblers Anonymous (GA) is an anonymous and confidential fellowship of men and women of all ages, from diverse social and economic backgrounds, races and religions, who meet for the purpose of sharing their experience, strength and hope as it relates to maintaining abstinence from gambling while living a happy and useful life. There are no dues or fees, and the only requirement for membership is a desire to stop gambling.

This program has been addressing gambling addiction and helping those affected since the 1950s. This 12-step meeting has tens of thousands of members around the United States, is free to attend, and offers sponsorship and pressure relief as significant components of the program. Many people choose to use this resource as their only recovery program, as they feel more comfortable being around people who have/are living with a gambling addiction than they do in a one-on-one counseling type setting. The FCCG encourages self-help resources in conjunction with individual treatment options.

Self-help is a critical part of the recovery process. Self-help groups can assist you with tools for recovery and can provide insight that you are not dealing with this problem alone. Generally, self-help groups offer the opportunity to identify with others through a shared group experience, and furnish ongoing and lifelong support.

An aspect of many self-help programs is sponsorship. Sponsors may provide additional information, encouragement, fellowship and guidance to newcomers on a voluntary basis. They may also furnish assistance and offer suggestions to newcomers on a case-by-case basis.

GA operates two types of meetings: open and closed. An open meeting is open for all persons to attend regardless of their relationship to the gambler, whereas closed meetings are strictly for gamblers only.

Phone Numbers

Florida GA Hotline 1-855-222-5542
Primary Meeting Contact

Site Information

Location	Hillsborough United Methodist Church, 9008 Harney Road Tampa, FL 33637	Mailing Address	Hillsborough United Methodist Church, 9008 Harney Road Tampa, FL 33637
Hours	Sat: 10:00am (ET) - 12:00pm (ET);		

Program Information

Resources from The Florida Council on Compulsive Gambling, Inc

Eligibility

Languages Offered English, English

Payment Options

Fees Free

Application Process

Documents Required

Normal Wait Time

Capacity

Volunteer Opportunities No

Coverage Areas

FL - Hillsborough County - Tampa - 33637

FL - Hillsborough County - Temple Ter - 33637

FL - Hillsborough County - Temple Terrace - 33637

Main Contact

Name Florida GA Hotline

Title Primary Meeting Contact

Phone 1-855-222-5542