

Voices of Problem Gambling Recovery believes that problem gambling is not a bad habit or a moral weakness. It is a real condition that can be changed. We are an organization devoted to education and advocacy. Many members are not anonymous and our organization is not designed as a substitute for treatment or 12-step group participation.

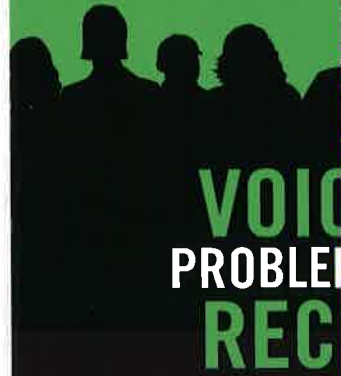


## For More Information

For more information about problem gambling and treatment options call the Oregon Statewide Problem Gambling Helpline at: 877-MY LIMIT (877-695-4648) or log on to [www.1877MYLIMIT.org](http://www.1877MYLIMIT.org)

For more information about Voices of Problem Gambling Recovery visit: <http://vpgr.net> or e-mail: [PGvoices@comcast.net](mailto:PGvoices@comcast.net)

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**VOICES  
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## Who Should Consider Joining?

- Anyone who has been directly impacted by problem gambling; problem gamblers, their family members, and their friends
- Anyone who is looking to serve their community, promote recovery, and educate others about problem gambling
- Anyone who believes in creating positive change through volunteering their time
- Anyone who is willing to be a voice, face, or helping hand for problem gambling awareness

## How Do I Get Involved?

Simply show up to a meeting. Meetings are held every second and fourth Monday of a month from 6 to 8 p.m., at the ACCBO Office Building, 2054 N Vancouver, Portland. New member orientations are held from 5:45 to 6:00 p.m. on the day of the meetings.

For more information log onto  
<http://vpgr.net> or e-mail  
[PGvoices@comcast.net](mailto:PGvoices@comcast.net)

