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- ✓ Centennial College's average class size is 15 - 18 students.
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# Gambling... Not family friendly

Is someone in your life spending more time and money on gambling than they can afford? Are they borrowing money to gamble? Are they gambling with money meant for the essentials of their daily life? Are they neglecting family, school, work and other responsibilities to gamble? Do they lie or cover up the extent of their gambling? Are they chasing their losses and trying to get their money back? Do they argue with everyone, especially about money? Do they have unpaid bills and increasing debts? Are they lying about how they spend their time and money? Are they redirecting their mail? Forging signatures for loans? Do you even know if any of this is going on? Do you suspect this is going on? You might even know for a fact that this is going on.



Howard P. Riback  
The Winning Hand  
Times

Has your life turned upside down as a result? Do you not trust your loved one anymore? Do you have to hide money? Are you constantly suspicious of them? Are they lying to you? Stealing from you? Has someone's gambling problem affected you so badly that you wanted to end the relationship? Do you feel overwhelmed by the magnitude of the problem? Feel hurt and betrayed? Do you ever ask yourself how they could have done this to you? How are you going to get your life back together after this? How are you going to pay the bills? How could you have believed all those lies? How can you ever trust them again?

Gambling addiction is considered an illness in the DSM-IV. As defined by American Psychiatric Association, pathological gambling is an impulse control disorder that is a chronic and progressive mental illness.

With this knowledge at hand, don't you owe it to our loved ones to help them?

Could you live with yourself if you don't?

But what do you do? And should you do anything?

The first thing to do is talk to your loved one about the problem.

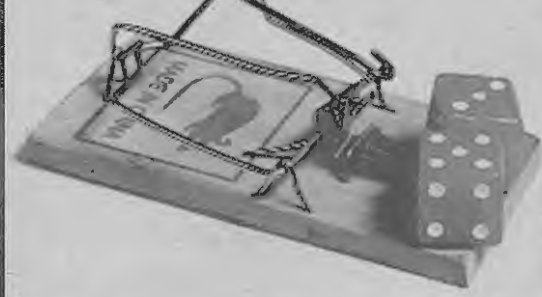
Let them know you care about them and are there to support them (emotionally, not financially). The worst thing you can do is blame the person as this will only cause them to become defensive. Learn more about problem gambling to reduce the impact it has on you and your family. And most importantly, encourage

your loved one to seek help from a professional (i.e. \*ahem\* someone like myself...)

And what can you do for yourself? Firstly, you must protect your finances. Do not assume the gambler's debt. If you're not sure what to do, speak to an expert about what your rights are. And do not sign anything you do not understand. Don't do anything that could put your safety in jeopardy. Establish a safety net of support. And most importantly, speak to someone about any resentment and anger you are feeling as a result of the impact of the gambling problem on your family and life. You can seek counselling even if your loved one isn't willing to. Ironically, one of the best ways to help a problem gambler is to help yourself.

For more information Howard P. Riback the Gaming/Gambling Specialist and Inspirational Speaker a.k.a. "The Cleaner" can be reached at: 514 659 5621 or howard@theribackgroup.com or view his website at www.theribackgroup.com.

## Gambling... Are you trapped?



When you gamble, you are not only gambling with your money, but with your friends, family, job and home.

Are you prepared to lose it all?

For HELP call  
**Howard P. Riback 514-659-5621**  
He has been there and has come out on the winning side  
www.theribackgroup.com howard@theribackgroup.com