



COUNSELLING & PSYCHOTHERAPY SERVICES - PROGRAM FOR PROBLEM GAMBLERS

If you notice one or more of the following signs in yourself or in somebody you know, it is time to seek help.

- Have you gone back another day to try to win back the money you lost?
- Do you use gambling as a way to escape problems or to ease unpleasant feelings?
- Do you feel unable to stop playing regardless of winning or losing?
- Are you betting more than you could afford to lose?
- Have you neglected family or work responsibilities because of gambling?
- Have you borrowed money or sold anything to relieve a financial problem caused by gambling?
- Do you need to gamble with larger amounts of money to get the same feeling of excitement?
- Do you feel restless or irritated when attempting to cut down or stop gambling?
- Have you lost or jeopardized important relationships due to gambling?

TYPES OF GAMBLING

There are many types of gambling, and they can all cause problem gambling.

- Casino
- Online games
- Bingo halls
- Poker or online poker
- Stock speculation
- Mah-jong
- Unlicensed gaming houses
- Lottery tickets
- And many more

TREATMENT FOR PROBLEM GAMBLING

Newcomers have the opportunity to learn about the Canadian legal, judicial, social, health, education, and employment systems, be acquainted with local places of interests, and connect with other newcomers via outdoor trips and festival celebrations.

Language-specific programing is offered in the following activities:

- Conduct screening and assessment for problem gambling
- Develop treatment and relapse prevention plans which tailor to the specific needs and preferences of those in need
- Treatment plan may include:
 - Individual addiction treatment
 - Relapse prevention
 - Crisis intervention
 - Partner treatment
 - Couple therapy
 - Family intervention
 - Stress management
 - Time management
 - Direct access to self-exclusion program
 - Referral services include:
 - ◊ Debt consolidation and financial literacy
 - ◊ Legal advice
 - ◊ Case management, pharmacological, and specialist consults



People commonly believe that those who gamble deserve the consequences. However, scientific studies have shown that problem gambling is not motivated by greed or moral failure. Similar to those who are suffering from anxiety or depression, problem gamblers have difficulty managing their impulses. Unfortunately, most problem gamblers are unaware that their struggles are part of a mental health condition.

Reaching out for help is the first step towards change if you or your loved one is struggling with problem gambling. Even though it will take time for sustainable change to occur, your commitment to the process and patience will make a difference. Your counsellor will help you set goals and continue to review your progress with you. It is possible to make lifestyle changes with courage and perseverance. The reward of finding inner peace and rebuilding your relationships is possible. Your efforts now in exchange for a lifetime of possibilities will be worth it.

REMEMBER!

Addiction is a clinical condition. Denial and stigma will only make the problem worse. Be proactive, and seek professional early.

OUR LOCATIONS

MAIN OFFICE:

4051 Gordon Baker Rd, Unit A, Scarborough, ON M1W 2P3

SATELLITE LOCATIONS By Appointment Only

TORONTO: 602 Queen St West, Toronto, ON M6J 1E3

MARKHAM: 5665 14th Ave, Markham, ON L3S 3K5

UNIONVILLE: 600 Village Pkwy, Markham, ON L3R 6C2

MISSISSAUGA: 720 Burnhamthorpe Rd West, Unit 2, Mississauga, ON L5C 3G1

REACH US AT

Tel: 416-979-8299

Fax: 416-979-2743

Toll Free: 1-866-979-8298

Email: info@cfso.care

LANGUAGES

English, Mandarin, Cantonese, Vietnamese

語言 英語、粵語、國語、越南語

HOURS OF OPERATIONS

Mon, Wed & Fri: 9 am – 5 pm

Tues & Thurs: 9 am – 8:30 pm (Appointment only after 5pm)

辦公時間

星期一、三、五：上午九時 至 下午五時

星期二、四：上午九時 至 晚上八時半 (五時後需預約)

客戶資料 絕對保密

CONFIDENTIALITY ASSURED



YOUR SUPPORT MEANS EVERYTHING TO US

您的資助能幫助家和維持機構的運作

CREDIT CARD VISA / MasterCard / American Express

WECHAT / ALIPAY Donation QR Code

PAYPAL GIVING FUND <https://www.paypal.com/ca/fundraiser/charity/3423887>

CHEQUE Payable to Community Family Services of Ontario

ONLINE Payment at <https://www.canadahelps.org/dn/2393>

CHARITABLE REGISTRATION NO. 13232-0508-RR-0001.



Community
Family Services
of Ontario

家和

PROGRAM FOR PROBLEM GAMBLERS

嗜賭者及 其家人的服務

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Scarborough, Ontario M1W 2P3

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www.cfso.care



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VISION & MISSION

OUR VISION

Community Family Services of Ontario is recognized as the premier provider of family services to support our community, where all families live in a safe and harmonious environment.

展望

家和致力讓所有家庭成員生活於安全及和諧的社區。本中心為支持社區所提供的專業輔導服務，被譽為業界翹楚。

OUR MISSION

Community Family Services of Ontario helps build a safe and harmonious community by providing professional counselling, settlement, disabilities, and special needs services to individuals and families in need.

使命

家和為建立一個安全及和諧的社區，致力於提供優質心理輔導、安居服務、和殘疾及特殊需要服務。

FUNDERS & AFFILIATIONS



心理輔導諮商, 家庭服務 嗜賭者及其家人的服務

如果你發現自己或你所認識的人出現以下任何一項或更多的特徵，便是時候尋求協助了。

- 你會否在輸錢後再返去賭錢，為贏回輸掉的錢？
- 你會借賭博去逃避問題或疏解不快情緒嗎？
- 無論是輸是贏，你覺得不能停止自己去賭錢嗎？
- 你的賭注是否超過你能負擔的損失？
- 你會否因為賭博令你忽略了家庭或工作責任？
- 你會否為了解決賭債而借錢或變賣東西？
- 你需要下更大的賭注以獲得相同的刺激感覺嗎？
- 當你嘗試減少或停止賭博時，你會覺得煩躁或不安嗎？
- 你會否因為賭博而失去或傷害了重要的人際關係嗎？

賭博種類

賭博方式五花八門，全部都會導致問題賭博，例如：

- 賭場
- 網上遊戲
- 集體賓果遊戲
- 撲克牌（或網上撲克牌）
- 股票投機
- 麻雀
- 無牌娛樂場所
- 樂透彩票
- 還有很多



問題賭博的治療

家和向受到問題賭博困擾的人士及家屬提供的服務包括：

- 識別及評估問題賭博
- 按個別需要及意願制定治療計劃及預防復賭計劃
- 治療計劃或包括：
 - 個人成癮治療
 - 預防復賭
 - 危機介入
 - 伴侶治療
 - 夫婦輔導
 - 家庭介入
 - 登記「自願戒賭計劃」
 - 壓力管理
 - 時間管理
 - 轉介其他服務，包括
 - ◇ 債務重組及理財知識
 - ◇ 法律諮詢
 - ◇ 個案管理、醫藥及其他專業諮詢



大眾普遍認為賭博者自食其果，但是，科學研究發現問題賭博不是因貪婪或品德缺失促成；與焦慮、抑鬱症患者情況相似。問題賭徒在管理衝動想法上有困難，不幸地，大部分問題賭徒不意識他們的掙扎與精神健康狀況的某一方面有關。

如果你或你所愛的人正受問題賭博困擾，向外求助是朝向改變的第一步，雖然持續的改變需要時間，但你在過程中的參與與耐力將會帶來不同。你的輔導員會協助你訂立目標，並持續與你檢視進展。配合勇氣與堅毅，改變生活方式是有可能的，並可讓你尋獲內心平靜及重建人際關係。你現在的付出以換取一生的無限可能是值得的。

癮癖是心理病的一種

逃避或歧視不會為病情帶幫助。如有需要，請及早尋求專業援助。



家和網上資料庫的教育視頻和刊物
免費下載

Free Educational Videos and Literature Available at
our Online Resource Library

cfso.care/resource-library/