gAp 25 years
Gambling Awareness Program

Cyber Class Module FIVE PDF

Questions for Further Disucssion

1. What is resiliency?

2. What kinds of healthy things do you do to cope with stress?

Are there any unhealthy things you do sometimes?

Follow-up Activity:

Head to: www.spgh.ca

Take the quiz and/or find out where the closest problem gambling counsellor is to you.