



LEARN HOW TO SPOT A PROBLEM GAMBLER.

TAKE THE QUIZ



LEARN HOW TO SPOT A **PROBLEM GAMBLER.**

TAKE THE QUIZ



STEP 1:
TAKE GAMBLING QUIZ

STEP 2:
FILL OUT BRACKET



— IF YOU GAMBLE —
GET SET
BEFORE
YOU BET

STEP 1:
TAKE GAMBLING QUIZ

STEP 2:
FILL OUT BRACKET



DON'T BE ASHAMED OF
YOUR STORY—IT WILL
INSPIRE OTHERS



“OWNING OUR STORY AND LOVING
OURSELVES THROUGH THAT
PROCESS IS THE **BRAVEST** THING
THAT WE WILL EVER DO.”

— **BRENÉ BROWN**



RECOVERY IS A PROCESS.
IT TAKES TIME. IT TAKES
PATIENCE. IT TAKES
EVERYTHING YOU'VE GOT.



CREATE **HEALTHY HABITS,**
NOT RESTRICTIONS.



SOMETIMES YOU HAVE TO FORGET
WHAT'S GONE, APPRECIATE WHAT
REMAINS, AND **LOOK FORWARD** TO
WHAT'S COMING NEXT.



**LEARN HOW
TO SPOT A
PROBLEM
GAMBLER.**

TAKE THE QUIZ



DO YOU
KNOW
SOMEONE
THAT MAY
BE AT **RISK**?