

A gambling disorder can affect almost anyone. It impacts people of every age, sex, race, ethnicity, religion, geography, and socioeconomic group.

For many, gambling is fun and entertaining. But for others, gambling has caused them to lose things they value most - family, friends, home, jobs, savings, car, business, and other things of importance in their lives.

# Contact Us

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GAMBLING  
PREVENTION &  
TREATMENT  
SERVICES



# Our Services

## Gambling Prevention

Prairie Ridge offers quality and effective gambling prevention services for people of all ages using comprehensive prevention strategies. Programs target gambling risk and protective factors. The Prevention Team works with schools, workplaces, organizations and clubs, and other community groups to offer educational sessions.

## Gambling Treatment

Prairie Ridge recognizes that a gambling disorder can affect individuals, families, and communities. We want to help.

- Assessment and Evaluation
- Individual, group and family counseling
- Referral to community-based supports and services
- Assistance with self-exclusion option

## Signs of Problematic Gambling

- Gambling more often for more money
- Gambling for longer periods of time
- Gambling in spite of negative consequences, such as large losses or poor academic performance
- Gambling as a means to cope with loneliness, anxiety, or depression
- Committing illegal acts or lying in order to sustain the gambling

## Low-Risk Gambling Guidelines

- Gambler knows that over time, nearly everyone loses
- Gambling occurs in a social context with family, friends, and/or colleagues
- Participation is for a limited amount of time, both in frequency and duration
- Gambling episode has predetermined, acceptable limits for losses
- Gamblers do NOT gamble to solve problems or cope with loneliness, anxiety, depression, or other ailments

