



ADAPT PROBLEM GAMBLING DAY TREATMENT PROGRAM

GAMBLING NEWS

Issue Two

**ADAPT
Problem Gambling
Day Treatment Program**

Burlington Mall, Office Galleria
777 Guelph Line, Suite 214
Burlington, ON L7R 3N2

Toll Free: 1-866-783-7073
www.haltonadapt.org

JULY 2008

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AUGUST 2008

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In the News

ADAPT Celebrates 10 Years

The ADAPT Problem Gambling Services team is pleased to celebrate 10 years of offering problem gambling specific services in the region of Halton. On May 29th, 2008 the staff of the ADAPT Problem Gambling Services hosted their first annual Open House for allied service providers. The event was well attended and the staff would like to extend a sincere thank you to everyone.

Upcoming Events

**Problem Gambling Day Treatment
Program - Upcoming Treatment Cycles**

June 16th - 20th, 2008(Full)
July 21st - 25th, 2008
August 25th - 29th, 2008

Referrals can be faxed to (905) 639-6880. For information please call Carrie Woodcock @ 1-866-783-7073 or email cwoodcock@haltonadapt.org.

Family & Friends One-Day Workshop

Friday June 27th, 2008
Friday August 22nd, 2008

Interested clients can call (905) 639-6537 to register. There is no fee for this workshop, all information is confidential and the workshop is facilitated by trained Problem Gambling Counsellors.

Referral Info

Electronic copies of the ADAPT Problem Gambling Day Treatment Referral documents is available. To receive an electronic copy please send an email to cwoodcock@haltonadapt.org with your contact information listed.



Program Info

What is Horticulture Therapy?

Building a foundation for healthy, long-term lifestyle changes. The ADAPT Problem Gambling Day Treatment Program offers clients an opportunity to learn practical tools for their individual recovery. Horticultural therapy utilizes plants as a holistic medium to instil health and wellness. This complementary therapy makes use of nature and life cycles as metaphors for healing and recovery. Through exploration of the needs and struggles of plants


participants learn the importance of healthy balance, community, foundation, nutrition, change, self nurture and environment. In addition participants dig in and propagate a plant of their own. Feedback from participants has been positive.



In The Media

Ask the Professionals

Combining Marketing and Community awareness ADAPT's Problem Gambling Services has published its first Ask the Professionals article. With an opportunity to incorporate editorial text and available service information we are hoping to increase reader awareness of problem gambling within our community. Articles will run throughout the year on a rotating basis throughout various local communities. Please watch for our articles in the Burlington Post, Milton Canadian Champion, Georgetown /Acton Independent & Free Press, Oakville Beaver and Mississauga News. In addition ADAPT continues to work closely with allied service providers and community agencies.



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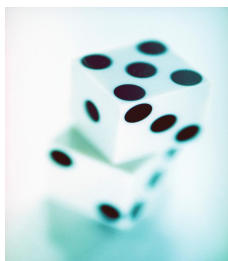
Q: What is Gambling?
 A: Gambling means risking money, property or something of value on an event or activity which the outcome is determined by chance. This includes not only licensed formats such as casinos,ingos, scratch tickets, horse races etc. but also the informal wagering that people do amongst themselves.

Q: What is Problem Gambling?
 A: Problem gambling means that a person's gambling is having a negative impact on their life and/or on the lives of those close to them. This can be the result of a one time event or an ongoing pattern of behaviour. If you are wondering if your gambling is a problem or if you are concerned about someone else's gambling help is available.

WE CAN HELP!
 FREE • CONFIDENTIAL • PROFESSIONAL

From the Burlington Post - May 25th, 2008

Balance is a sense of peace and contentment within each of the important areas of our lives.



BALANCE
WE FEEL IT IN OUR
BODY, OUR MIND AND
OUR SOUL.

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