

**... Meetings
make it.**

*For a complete list of weekly
meetings worldwide, visit:*
www.gamblersanonymous.org

Gamblers Anonymous offers the following questions to anyone who may have a gambling problem. These questions are provided to help the individual decide if he or she is a compulsive gambler and wants to stop gambling.

TWENTY QUESTIONS

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry, trouble, boredom or loneliness?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

**NORTHERN
CALIFORNIA**

**Gamblers
Anonymous
Meeting
List**

*“If you have a
gambling problem or
know of someone who
does, please contact
Gamblers Anonymous.”*

**TELEPHONE HELPLINE
1-888-GA-HELPS
(1-888-424-3577)**

A R E A 2 N O R T H E R N C A L I F O R N I A M E E T I N G L I S T

MEETING-TIME-FORMAT

LOCATION

ZIP

MONDAY

Rohnert Park	7:30 pm	C	St. John's Methodist Church - 5150 Snyder Lane	95404
Campbell	7:30-9 pm	C	Holy Spirit Episcopal Church - 65 W Rincon Avenue, St Lawrence Room	95008
Stockton	7-8:30 pm	O	Carlin Center at Unity Church - 822 North Commerce Street & W Poplar	95202
Burlingame	8:00 pm	O	First Presbyterian Church - 1500 Easton Drive & El Camino, Room 201	94010
Oakland	8:00 pm	C	St. Cuthbert's Church - 7932 Mountain Boulevard	94605

TUESDAY

Modesto	6:30 pm	O	Doctor's Behavioral Health Center - 1441 Florida Ave, Conference Room 3	95350
Fresno	7:00-9 pm	C/S	Friends Community Church - 5688 North 1 st Street	93710
San Jose	7-8:30 pm	O/VT	Asian Pacific Resource Center - 625-F Wool Creek Drive	95112
Redwood City	7:30-9 pm	C/S	Cordilleras Mental Health Ctr - 200 Edmonds Road, Conference Room 100	94062
Napa	7:30-9:30 pm	O/S	First United Methodist Church - 625 Randolph Street, Grenfell Room	94559
San Francisco	7:30-9:30 pm	O	Calvary Methodist Church - 1400 Judah Street & 19 th Avenue	94122
Walnut Creek	7:30 pm	C	Walnut Creek Presbyterian Church - 1801 Lacassie Avenue, Room 220	94596

WEDNESDAY

San Mateo	6:30-8 pm	O/B	College Heights Church - 1150 West Hillsdale Boulevard	94403
Pittsburg	7-8:30 pm	O	Grace Lutheran Church - 195 Alvarado Avenue, Rooms 3 & 4	94565
El Cerrito	7:30 pm	O	El Cerrito Methodist Church - 6830 Stockton Street (basement level)	94530
Monterey	7:30 pm	C	Seaside First Baptist Church - 1949 Waring Street, City of Seaside	93955
Windsor	7:30 pm	C/1 st Wed:S	Windsor Mobile Country Club - 8109 Conde Lane	95492
Campbell	7:30-9 pm	CG/1 st Wed:S	Holy Spirit Episcopal Church - 65 W Rincon Avenue, Rincon Room	95008

THURSDAY

San Francisco	12 noon-1 pm	O	St. Patrick's Church - 756 Mission Street, All Saints Room	94103
Fresno	7:00-9 pm	C	Friends Community Church - 5688 North 1 st Street	93710
Fremont	7:30 pm	O	Bethel Baptist Church - 36060 Fremont Boulevard	94536
Ukiah	7:30 pm	O	Christadelphian Hall - 23 Oak Knoll Road (off S State Street)	95482
San Jose	7:30-9 pm	C	Willow Vale Community Church - 1730 Curtner Avenue	95125
Stockton	7-8:00 pm	O/S	Carlin Center at Unity Church - 822 North Commerce Street & W Poplar	95202
Pleasant Hill	7:30-9:30 pm	C	Hillcrest Congregational Church - 404 Gregory Lane, Room 16	94523
San Rafael	8:00 pm	O	Trinity Lutheran Church - 333 Woodland Avenue (Library)	94901

FRIDAY

Lemoore	7:00 pm	C	First Baptist Church - 1050 West Bush Street, Fellowship Hall	93245
Santa Rosa	7-8:00 pm	O	Orenda Center - 1430 Neotomas Avenue, Room 1	95405
Campbell	7:30-8:45 pm	CG/B/S	Holy Spirit Episcopal Church - 65 W Rincon Avenue, Rincon Room	95008
Half Moon Bay	7-8:30 pm	O	Community United Methodist Church - 777 Miramontes Street (upstairs)	94019
Pleasanton	7:30 pm	C/4 th Fri-O	Lynnewood United Methodist Church - 4444 Black Avenue, Room C8	94566
San Francisco	8:00 pm	C	St. Stephen's Church (O'Reilly Parish Center) - 451 Eucalyptus Drive	94132

SATURDAY

Seaside	9:00 am	S	Seaside First Baptist Church - 1949 Waring Street, City of Seaside	93955
San Francisco	9:30-10:30 am	O/S	Ristorante Fior d'Italia - 2237 Mason Street, Rear Banquet Room	94133
Fresno	10 am-12 noon	C/S	Friends Community Church - 5688 North 1 st Street	93710
Mountain View	10:30 am	C	St. Timothy's Episcopal Church - 2094 Grant Road, Guild Hall	94040
San Rafael	6:00 pm	C	Trinity Lutheran Church - 333 Woodland Avenue (Library)	94901

SUNDAY

Menlo Park	10-11:30am	C	VA Hospital - 795 Willow Road, Building 334, Room B200	94025
San Leandro	4-5:30 pm	O	Second Chance Ashland Center - 1403 164th Avenue	94578

NORTHERN CAL. HELPLINE
888-GA-HELPS (888-424-3577)
800-287-8670

SACRAMENTO HELPLINE
866-442-5312

SHASTA COUNTY HELPLINE
530-241-5885

SOUTHERN CAL. HELPLINE
877-423-6752

INT'L. SERVICE OFFICE
213-386-8789

GAM-ANON HELPLINE
408-866-4132

MEETING FORMAT LEGEND

- ▶ O (Open) = Spouses, family and friends of the gambler are welcome to attend and observe the meeting.
- ▶ C (Closed) = Only those with a gambling problem -- or those who think they may have a gambling problem and have a desire to stop gambling -- may attend and participate.
- ▶ S = Step study/review meeting
- ▶ B = Beginners' meeting suited for new G.A. members
- ▶ CG = G.A.-Gam-Anon Combined therapy open meeting in which members of both groups may attend, participate and speak
- ▶ VT = Vietnamese-speaking and Tagalog-speaking meeting

Please call 888-424-3577 to ensure meeting information is up-to-date before traveling to a meeting location.

Revised, 2/23/09