

Pause and Plan: After Your Voluntary Self-Exclusion Ends



The Pause and Plan: After Your Voluntary Self-Exclusion Period Ends course provides participants with information about how gambling works as well as the opportunity to think about their own experiences with gambling.

This information may help individuals make informed decisions about whether they want to return to gambling once their exclusion period ends and help them to think about a personal plan of action.

Who is This Course For?

This course is for individuals who have participated in the Voluntary Self-Exclusion (VSE) program at casinos in Manitoba, PlayNow.com, or at the Cityplace Gaming Centre and wish to re-enter.

If individuals choose to end their VSE once the self-selected time period has ended, completing this course is a requirement of Manitoba Liquor & Lotteries.

Course Description

This course will assist participants to:

- Understand how gambling works (i.e. basic principles of legalized gambling)
- Identify myths and erroneous beliefs that can foster high risk gambling
- Appreciate the difference between low risk and high risk gambling practices.
- Review the past and present motivations, as well as entering the VSE program
- Review intentions and decisions about wanting to return to gambling
- Develop a personal plan of action that could include one of the following options:
 - Continue to abstain from gambling
 - Maintain the current self-exclusion agreement
 - Re-enter the casino/gaming centre or online gambling
 - Re-enter the casino/gaming centre for entertainment/dinning only
- Be aware of the information and help resources available in Manitoba for people experiencing problems with their gambling

Date & Registration

When: February 1, 2023 — 12 p.m. to 4 p.m.

Where: [1031 Portage Avenue](#) (Second Floor). Parking is available along Sherburn Street.

How to Register: Please email bdriedger@sharedhealthmb.ca to register for the course. Further information will be provided upon registration. If you have any questions about the course call 204-944-6260.

- Please note that language support will be provided upon request.
- Space is limited, register as soon as possible if interested.