

# TSI7 U KWI NACH SWELKW'ÁLS

## HAVE OTHER QUESTIONS?

To learn more, visit [GameSense.com](http://GameSense.com), visit a GameSense Info Centre, located in all BC casinos and community gaming centres, or call 1-866-815-0222 for more information.

Słwǰwú7mesh snichim is the language spoken by the Słwǰwú7mesh Úwumíw (the Squamish Nation). Słwǰwú7mesh snichim is one of 10 languages within the Coast Salish branch of the Coast Salish language family.

The titles and subheadings on this GameSense brochure were translated into Słwǰwú7mesh snichim by the Słwǰwú7mesh Úwumíw Language and Cultural Affairs department.

[www.squamish.net](http://www.squamish.net)



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# TA WA LHNA7S KWIS NA CHAWNEXW

WHERE TO FIND INFORMATION  
AND SUPPORT TO MAKE SURE  
gambling stays fun



Where to find information and support to make sure gambling stays fun – partially translated into Słwǰwú7mesh snichim.

Find resources, tools and support at a GameSense Info Centre.

GameSense

bclc

# Stam melh tkwétsi nek'ilus tl'a TL'ETL'EXWÍTAY SYETSMÁYAKIN

## What is the GAMESENSE INFO CENTRE?

Located in casinos and community gaming centres across BC, GameSense Info Centres are facilities that provide a variety of resources to help ensure gambling is a fun, affordable source of entertainment. GameSense Info Centres offer a range of interactive learning tools to help you understand how gambling works, including the rules of different games, the odds of winning and losing, and how randomness and unpredictability play a major part.

Our info centres are staffed with knowledgeable and helpful GameSense Advisors, who can answer most gambling-related questions, and help you find additional support when it's needed.

We can help you with:

- Tips to help you keep gambling fun
- The odds of winning and losing
- How different games work
- How randomness influences outcomes
- What "house advantage" means, and how it impacts what you can expect to lose or win
- Confronting the many myths about gambling

## menyú shaxw kwis tl'exwtsut

(Know the Warning Signs)

The signs below may indicate a problem. The more signs a person shows, the greater the likelihood that he or she may have lost control of their gambling.



- Gambling for longer and longer periods of time
- Lying about how much or how often they gamble
- Missing work or school to gamble
- Neglecting personal or family responsibilities to gamble
- Using gambling as an escape
- Gambling with money needed for paying bills
- Spending more money to recoup losses

## i twnch7a m wa télnexw as kwis esch'áwnexwaxw

(Finding Support)

There are steps you can take if you or someone you care about would like more information or support. **Gambling Support BC** is available 24/7 to offer free resources and services to anyone struggling with gambling.

## Kwétsiwit wa xwníwntm (BCLC's GameSense Advisors)

can also help provide information about supports available, including Game Break enrollment support. Call 1-866-815-0222 toll free and press 3 to connect with a kwétsiwit wa xwníwntm.

## páyem chexw

(Game Break)

Sometimes gambling stops feeling like a game. If you feel this way or find yourself gambling too much, the Game Break program may be right for you. When a person enrolls, they choose a period of time to exclude themselves from all facilities with slot machines, commercial bingo halls, or from accessing BCLC's online gambling website for either six months, one year, two years or three years. Talk to a GameSense Advisor or any staff member for more information.