



Therapeutic Gaming Groups for Adolescents and Adults

Games can help us tap into strengths and weaknesses that we often fail to recognize in our everyday lives. Group therapy helps us understand and overcome personal and interpersonal obstacles by exploring and altering our patterns of relating with others.

Therapeutic Gaming Groups use the inherent power of group therapy and role-playing games (like *Dungeons and Dragons*) to help participants become more confident, creative, and skilled in establishing relationships, navigating interpersonal dynamics, and achieving life goals.

Therapeutic Gaming Groups meet weekly for 75 minutes. Groups are available for adolescents and adults.

To find out more or to register, please contact:

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