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*I heal without potions,
Teach courage without war.
My monsters wear masks,
Yet reveal who you are.
I ask for no sword,
Just imagination's chance.
Some call me a pastime;
Others call me advanced.
What am I?*
”

Dungeon & Dragons Activity Therapy

Tabletop role-play games have been clinically shown in several psychological studies to promote healthy skills for life. These skills include:

- Prosocial interactions with peers
- Behavioral Activation
- Social Anxiety Exposure
- Healthy communication skill building
- Problem Solving skill building
- Exploration of personal identity and personal confidence
- And more!

AGES 15-18
FRIDAYS · 4-6PM
STARTING OCTOBER 9TH

To refer to the group, or if you have any questions, reach out to Clinician Kimberly Patrick at extension 228 or email kimberlypa@health.solutions.