



Therapeutic GAMING GROUPS

Dungeons & Dragons
Meets
Mental Health

Tabletop and virtual gaming groups support participants through healthy social connections, conversation, and teamwork. Party members fight monsters to build confidence and tap into their inner strengths.

Groups are available for teens and adults through various platforms including the Critical Core system of games.

New sections are offered quarterly.

Sentier
psychotherapy

WWW.SENTIERTHERAPY.COM

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