Cherapeutic GAODINC 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.



WWW.SENTIERTHERAPY.COM (763) 913-8261

Contact

admin1@sentiertherapy.com for more information.