



DUNGEONS & DRAGONS

At Children's Wellness Center of Colorado

For co-ed youth ages 11 – 14 years old

Does your child struggle with:

- peer connections?
- social-emotional skills?

Do they enjoy:

- strategy?
- Role-playing/acting?
- Fantasy?

Give them a fun and creative avenue to build social interactions!

No experience playing Dungeons & Dragons is needed to participate.

*Research indicates that Activity Therapy (such as Dungeons & Dragons) can be an avenue to teach new skills and improve mental health

*Need more information on the research behind use of games for mental health intervention? Let us know and we'll send a reference list.

Give your child the opportunity to build skills in the areas of:

- Empathy
- Communication
- Team/Group Collaboration
- Coping with unexpected events
- Flexibility (seeing things from different perspectives)
- Identity Development
- Impulse Control
- Emotional Intelligence

Group runs regularly throughout the year for 10 weeks at a time

*Ask your therapist about more information

*New to CWCC? An intake session must be complete prior to start date.

Cost: \$100/group

*Colorado Access & RMHP Medicaid and CHP+ accepted



Facilitated by:
Sarah Adams, LPCC,
Dungeon Master

Contact our office to inquire about the next group:
(720)662-7862 Ext. 0 info@cwccolorado.com