

Roll for Initiative: A Dungeons and Dragons Therapy Group

Join us weekly,
April 20th - July 6th
Mondays
6:30-8:30pm
at Remedy



Contact Information

intake@remedycentre.ca

Remedy 703 Bloor Street West
Suite 201 Toronto, Ontario
M6G 1L5

Build social confidence and connection through guided Dungeons & Dragons gameplay in a supportive, LGBTQ+ affirming therapy group.

WWW.REMEDYCENTRE.CA





Group Facilitator

Dr. Allegra Netten, C.Psych.
Clinical Psychologist, Remedy
Pronouns: she/her and they/them

Who should attend

- Adults aged 20-64
- People who want to work towards social flourishing goals, including decreased social anxiety and/or increased confidence, assertiveness, or effectiveness in social interactions
- Dungeons and Dragons experience welcome but not required
- This is a LGBTQ+ affirming group, all identities are welcome

What to Expect

- A 12-week group and 1 intake session
- Weekly group therapy sessions including Dungeons and Dragons gameplay and group processing discussions
- Led by a registered clinical psychologist with specialized training in therapeutic tabletop roleplaying games
- Materials for play will be provided

Register or
learn more!

[click here](#)

