

# LEVEL UP

## A JOURNEY THROUGH STORY AND SELF

THIS THERAPEUTIC GROUP USES TABLETOP ROLEPLAYING GAMES LIKE DUNGEONS & DRAGONS TO FOSTER SOCIAL SKILLS, EMOTIONAL RESILIENCE, AND SELF-AWARENESS IN A SAFE, IMAGINATIVE SETTING—ENCOURAGING IDENTITY EXPLORATION, PROBLEM-SOLVING, AND CONFIDENCE THROUGH GUIDED STORYTELLING. JOIN THE ADVENTURE!

INTERESTED?

SEND A RAVEN TO: [INFO@NORTHWESTRELATIONSHIPS.COM](mailto:info@northwestrelationships.com)

FRIDAYS 5PM – 7PM @ SERENITEA  
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ACCESSIBLE PAYMENT OPTIONS AVAILABLE



TWO GROUPS: 18+  
& 13-17  
NO EXPERIENCE  
NECESSARY!