

# HERMOSA DUNGEONS BEACH & THERAPY

Age 13 - 16



## What is it?

- Therapy group that uses Dungeons and Dragons as a means of self exploration
- Build emotional insights, social confidence, and creative thinking through storytelling and teamwork

## What You'll Do

- Create a character that reflects your strengths and values.
- Face challenges, solve puzzles, and connect with others.
- Practice communication, emotional regulation, and problem-solving while playing DnD

## What you'll gain

- Build self-esteem and improving group social skills
- Improved emotional regulation and self-awareness
- Practice creating lasting social bonds
- A safe, creative space to practice self-express

## No experience needed

- No prior experience with Dungeons and Dragons needed (but welcome)
- Just bring curiosity, creativity, and an open mind!

### Co-Led by:

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