

Dungeons & Dragons Therapy Group

The Family Psychology Centre will be running
Dungeons & Dragons therapy groups
focusing on anxiety and emotion regulation
for youth and teens, running for
12 weekly, Wed 4-6 pm beginning in February 2026

Cost: 200 per 2 hour session
or 10% discount for 12 session registration



Family
Psychology
Centre

Contact Us:

(416) 848-1829

groups@familypsychology.org

For More Information!