

Therapeutic Dungeons & Dragons Now Gathering, In Person.

AGES 8-18+ · BEGINNERS WELCOME · ALL SUPPLIES PROVIDED · HAMILTON, ON

WHAT THIS IS

A real D&D adventure — with DBT skills woven into the story.

Dungeons & Dragons is a classic tabletop role-playing game — *think Stranger Things* — with a vast, global following. In our groups it becomes something more: a living story where each session evolves with the choices players make at the table. Beginners and seasoned players are equally welcome, all supplies are provided, and **no experience is necessary**.

THE SKILLS YOU BUILD

Experienced *Dungeon Masters* guide the game while players develop a range of **DBT-informed** communication, social, and emotional skills under clinical supervision:

- ✦ **Regulating emotions** as the game rolls out in unexpected or non-preferred ways
- ✦ **Tolerating distress & conflict** when a choice at the table isn't popular
- ✦ **Perspective-taking** — through characters, and with real people in the room
- ✦ **Communicating clearly** — strategy, negotiation, compromise, boundaries
- ✦ **Flexible thinking** — adapting to change, shifting focus & attention
- ✦ **Building friendships** — positive, respectful bonds with peers
- ✦ **Safe consequences** — practised in a supported, low-stakes environment
- ✦ **Executive-function practice** — planning, sequencing, follow-through

WHO IT'S FOR

Everyone **ages 8 to 18+**. We're always building groups — register your interest.

- ✦ **Kids & teens** leveling up social-emotional skills in a small, supported setting
- ✦ **Young adults** building problem-solving, negotiation & self-advocacy

WHERE

In person · Hamilton, Ontario. One-shots and weekly term campaigns; venue confirmed on registration.

- ✦ Prefer online? Ask about virtual cohorts of **The Fog in the Feywild**
- ✦ Curious about evidence? Ask about **Johns Hopkins'** writing on D&D in group therapy

COST & BILLING

\$160 / SESSION

8-week term · \$1,280

Sliding scale & pro-bono spots available — please ask.

- Often covered by **private benefit plans** under social work
- New clients complete a brief **intake** before placement
- Receipts issued under the supervising social worker

PRIVATE FAMILY SESSIONS

COMING SOON

Feeling stuck in unhelpful dynamics with your kids, teens, or young-adult “roommates”? Ask us about **private family D&D campaigns** tailored to your household — a playful, non-threatening way to change your family's narrative together. *No prior gameplay experience needed.*

HOW TO REGISTER

Call or text — we'll find your table.

905-519-5158

info@icacounselling.ca · icacounselling.ca
Instagram @ica_counsellingandsupervision

FORMAT

Small in-person group

SCHEDULE

8-week terms + one-shots

AGES

8-18+ · all welcome

REACH US

905-519-5158 ·
info@icacounselling.ca

Before the fog, the gathering. Before the story, the people.