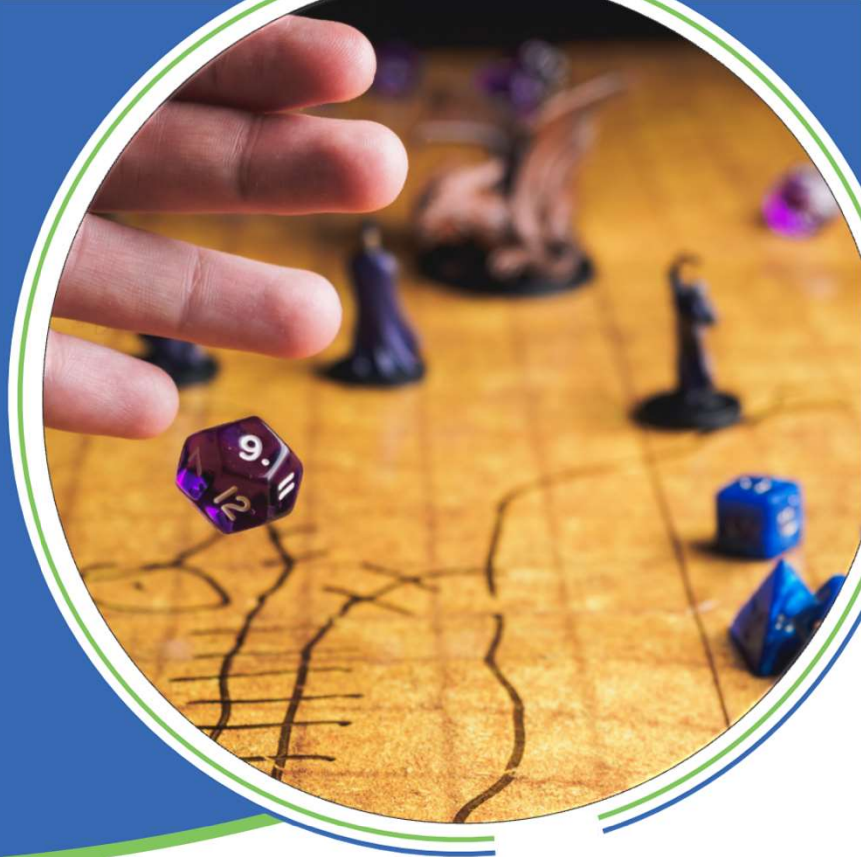


Defeating Our Dragons

For Youth of all genders, Ages 14-17.

Neurodiverse are welcome!



Group Description

This is a six-week group where the role-playing game Dungeons and Dragons will be used to teach participants about navigating anxiety and depression in a group setting. This group is open to individuals of all abilities and neurodiversity.

To register for any group please email groups@caminowellbeing.ca or call 519-743-6333 ext. 3245

When & Where

When:

Wednesdays,
January 31st to March 6th
5:30 – 7:30 pm

Where:

Camino Wellbeing + Mental Health,
480 Charles St E
Room 208
Kitchener, ON, N2G 4K5

