

Role-Playing

Game Therapy

Therapeutic TTRPG groups for teens and emerging adults

WHO/WHEN

June 01 – August 05, 2026

Ages 14-17: Mondays, 2:00pm

Ages 18-24: Wednesdays, 3:00pm

COST

\$60/Session

*Ask about sliding scale options

BENEFITS



Identity Exploration

Story-telling provides players with the opportunity to “try-on” different aspects of their identity in a safe context



Collaborative Problem-Solving

Games facilitate problem-solving, encourage strategic thinking, and support risk-taking to explore consequences in a low-stakes setting



Social Skills Development

Like other team-based activities, collaborative storytelling is deeply relational, and encourages pro-social behavior

GET CONNECTED

✉ Andrew.ayon@cathexistucson.com

🌐 CathexisTucson.org

☎ Office: (520)329-1250

☎ Direct: (520)276-8638