



Questing for Change

Calling all Adventurers!

Come discover ways you can build positive mental health and resilience through playing tabletop role play games like Pathfinder and D&D!

Groups will use playful therapy techniques to build the following skills:

- **Teamwork**
- **Anxiety reduction**
- **Finding joy**
- **Reducing stress or burnout**
- **Building community**
- **Reducing negative reactions to change**

Registration:

Contact Lillybrook at (248)250-6620

Bi-Weekly Tuesdays

Time: 6:30-8 pm

Fees (private pay, no insurance):

\$50 a session

\$220 if paid in full for 6 weeks



**Lillybrook
Counseling Services**
In Times Of Struggle, We Are Here

