

**QUEST FOR  
CONNECTION**

*virtual*

# **GAMING THERAPY** GROUP



## **Why Gaming Therapy?**

- Engaging and approachable
- Builds social confidence and communication skills
- Supports emotional regulation
- Encourages empathy and perspective-taking
- Provides a safe space for identity exploration
- Helpful for anxiety, depression, neurodivergence, or those exploring identity

## **What is it?**

- A 8-10-week virtual play therapy group.
- Uses a simplified tabletop role-playing game (like D&D)
- Sessions include check-ins, collaborative roleplay, and reflection
- Focus on social skills, problem-solving, and identity exploration

DAY & TIME TBD, (CALL OR EMAIL TO JOIN AN UPCOMING GROUP!)

GROUP LED BY ANGELA PIECYK, LAPC  
PHL THERAPY COLLECTIVE

✉ ANGELAPIECYK526@GMAIL.COM | ☎ (267) 225-6131

