



**For Immediate Release**

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**Charlotte Behavioral Health Care Offers Teen Dungeons and Dragons Therapy Group**

**PUNTA GORDA, FL (May 6, 2022)** - Charlotte Behavioral Health Care (CBHC) is now offering a Dungeons and Dragons therapy group intended for teens aged 14-17 who struggle with depression, anxiety, isolation, and other interpersonal difficulties. The group therapy utilizes a mix of playing Dungeons and Dragons, a table-top role-playing game, while interacting with others in a traditional process group format.

Through the game portion of the group, teens have a chance to try out new things and ideas, communicate, and experience safe consequences - both good and bad. After that, everyone will have the chance to talk about what happened, get feedback, and check on how actions may have impacted others.

The process group format features an unstructured, discussion-based approach to group counseling that examines what is happening in the here-and-now during the group session to increase understanding of self and others. The goal is to build social and problem-solving skills, as well as resilience, self-esteem, confidence, and more.

Group meets in person every Friday from 3-4 p.m. on CBHC's Punta Gorda campus, located at 1700 Education Avenue and requires a 6-8 week commitment. Although group size is limited to 3-4 individuals at a time, a wait list will be available if group is currently full.

If interested in enrolling your teen in the group, call CBHC at 941-639-8300.

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