



# Anxiety and OCD Treatment Center of Ann Arbor

*Providing evidence-based treatment across the lifespan*

## Dungeons & Dragons Group for Social Anxiety

Do you struggle with social anxiety? Looking for opportunities to meet others and practice social skills?



The Anxiety and OCD Treatment Center of Ann Arbor is hosting a **Tabletop Gaming Group** for teens and young adults with social anxiety. The group is for people ages 16-21 who are looking for an opportunity to face their social fears, practice social skills, and connect with others. A clinic therapist will be your game master (GM).

**2<sup>nd</sup> and 4<sup>th</sup> Monday of each month**

**4:30 PM – 6:00 PM**

**Begins February 11<sup>th</sup>, 2019**

**Cost:** \$30 per session  
or 4 sessions for \$100

This group is not covered by insurance

To register, please email [sgreschuk@anxietyannarbor.com](mailto:sgreschuk@anxietyannarbor.com) or  
[frontdesk@anxietyannarbor.com](mailto:frontdesk@anxietyannarbor.com)