

# AGE OF ANXIETY THERAPY GROUP



Time: Fridays, 2:00–4:00 PM  
Location: 3307 S College Ave, Suite 225,  
Fort Collins, CO 80525  
Age: Adults  
Cost: \$65 per session

## MASTER ANXIETY WITH ALLIES BY YOUR SIDE

Join the Age of Anxiety Therapeutic Roleplaying Group, where you'll practice DBT skills and conquer anxiety through a Dungeons & Dragons campaign. It's therapy just with a bit more adventure


Grab your lance and join a fellowship of adventurers ready to face the dragons of anxiety. Together, you'll build resilience, master new skills, and find strength for life's challenges, guided by expert therapists and game masters.

### Why Group Therapy?

- **Forge bonds with allies who share your quest.**
- **Practice skills in a collaborative and supportive environment.**
- **Slay your dragons of anxiety with courage, compassion, and teamwork.**
- **Group therapy offers treasure at a more accessible rate than individual sessions.**

 **Free 15 min consultation**

 **Adults 18 and Up**

 **Price: \$65 per session** (Aetna, Anthem Blue Cross and Blue Shield, Coverage may vary depending on your specific plan. Please contact us to verify your benefits.)

 **Epic Team: Licensed therapists & skilled DMs await!**

 **Embark on a long term therapeutic adventure to master skills**

 **No prior DBT or D&D experience required**

## Join the fellowship today by contacting us



### CONTACT

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