

EXECUTIVE FUNCTIONING QUEST



Group Therapy

Weekly Every Thursday 6:30-8:30pm

Young adults from ages 18-26

\$65 per group (private pay or some insurances)



Exclusively in person at



NEURODIVERSITY
COMMUNITY
CENTER

100 W. Cleveland St., Lafayette, CO

Join a close-knit fellowship of adventurers meeting weekly and explore the transformative benefits of role-playing therapy.

What is Executive Functioning?

Executive functioning is a set of mental skills, like organization, time management, and impulse control, that help you plan, focus, and manage daily tasks effectively. These skills make life smoother and more manageable


What is Executive Functioning Quest?

Executive Functioning Quest is a therapy group for neurodivergent young adults. This isn't your typical therapy group, Executive Functioning Quest combines Expressive Arts Therapy, DBT, mindfulness and insights from executive functioning experts, along with the excitement of a D&D adventure to build essential life skills.

Led by licensed therapists and skilled game masters, you'll strengthen organization, time management, and emotional regulation in a supportive, team-based setting over the course of eighteen weeks.

 **Free 15 min consultation**

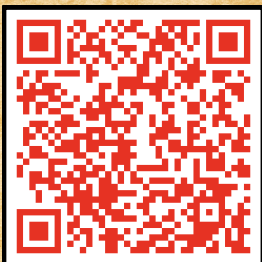
 **Price: \$65 per session (insurance and private pay accepted)**

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

 **Embark on a year-long adventure to master skills, binding oaths not required, join the fellowship for as long as you choose.**

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

Join the fellowship today by contacting us



CONTACT

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