

JOIN THE NEURODIVERSITY-AFFIRMING THERAPEUTIC ROLEPLAYING GROUP AND ROLL A NAT20!



NAT20 Group Therapy

Every Thursday 4:00pm - 6:00 pm

Young people from ages 14-18

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



Exclusively in person at



100 W. Cleveland St., Lafayette, CO

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

About NAT20 Therapy Group

- Embark on a journey where therapy meets adventure! NAT20 blends Expressive Arts Therapy, Neurodiversity-Affirming Therapy and evidence-based DBT with the magic of a D&D quest. Designed for neurodivergent adventurers ages 14–18, this weekly group lets you choose how long to continue whether for a single quest or an epic campaign.



Benefits of Joining

- **Regulate Emotions:** Manage feelings with neurodiversity-affirming skills.
- **Build Resilience:** Navigate stress with neurodivergent friendly DBT.
- **Strengthen Connections:** Teamwork through collaborative storytelling.
- **Explore Identity:** Embrace self-compassion, acceptance, and uniqueness in a supportive space.
- **Solve Problems Creatively:** Tackle personal and group challenges.
- **Grow with Joy:** Heal and thrive in a fun, adventurous setting.

We welcome and affirm all people, including but not limited to neurodivergent, BIPOC, and LGBTQIA++

👤 Free 15 min consultation

💰 Price: \$65 per session (some insurances 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 or D&D experience required

Join the fellowship today by contacting us at



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