



Game to Grow



How Game to Grow Helps

Kids and teens become more **confident**, **creative**, and **socially capable**... all while rolling dice from the safety of a table.

Game to Grow's **social skills groups** use popular role-playing games to help participants:

- Understand the perspectives of others
- Improve frustration tolerance
- Develop creative problem-solving skills
- Cultivate communication skills
- Build collaboration skills

Participants learn all these skills while creating an engaging story of magic and adventure. Many of our participants have a medical diagnosis such as **autism, ADHD, anxiety**, or they struggle **building and maintaining** friendships, but a diagnosis is not required to join our social skills group.

Our facilitators are trained therapists and educators who help participants build real-world skills in an environment that is **safe, supportive**, and **fun!**

Information and Testimonials

Who Can Join This Group?

For this particular session below, we are looking for participants **ages 10 – 12**, who have a 3rd grade or higher reading comprehension level, are able to add numbers, and have a desire to **strengthen** their **social skills**. A medical diagnosis is not required.

Location and Time

Greenwood, Seattle
Mondays 4:15 PM – 5:45 PM
Phinney Neighborhood Association
6532 Phinney Ave N
Seattle, WA 98103

"My son has grown in confidence, has an increased willingness to try new things and has a more positive outlook on life!" – Parent of a current Game to Grow participant

For more information or to join a group, please visit our website:



www.gametogrow.org/registration

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