

Introduction to Dungeons & Dragons

About the Group

This is a 6-week small-group program using *Dungeons & Dragons* (D&D) as a playful, structured way to support social connection, imaginative thinking, communication skills, and self-regulation. D&D is a collaborative storytelling game where participants create characters and work together to solve challenges, explore fantasy worlds, and go on fun adventures, guided by a trained facilitator known as the Dungeon Master (DM).

This group is designed specifically for **neurodivergent children ages 14+**. Sessions focus on building confidence, practicing teamwork, and having fun with accommodations and support strategies built in to meet a range of sensory, language, and emotional needs.

Accessibility, Communication, and Participation Needs

D&D can help build confidence, social collaboration, storytelling, and problem-solving. At the same time, gameplay involves shared communication, flexible thinking, and participation in structured group activities. The following guidelines outline general expectations and support needs for players, with accommodations available.

Led by Skilled and Supportive Clinicians

This group is co-led by:

- An Occupational Therapy Assistant (OTA) – helping support sensory needs, routines, and problem solving.
- A Communicative Disorders Assistant (CDA) – supporting social communication, social interaction, expressive and receptive language skills.

Both clinicians are supervised by a registered Occupational Therapist (OT) and Speech-Language Pathologist (SLP) to ensure high-quality, evidence-informed programming.

Speech & Language Skills

Participants are encouraged to have abilities in the following areas, with adult or peer support as needed:

- Understanding instructions (with repetition or visuals)
- Expressing ideas (verbally, or using AAC/visuals)
- Taking conversational turns (with modeling and cues)



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Motor & Regulation Skills

Participants are encouraged to have abilities in the following areas, with adult or peer support as needed:

- Sitting and engaging in a group game for 15–20 minutes at a time (with breaks)
- Using fine motor tools (dice, paper, tokens – or adapted tools)
- Managing sensory needs and big emotions with co-regulation or support

Supports Available

- Visual aids, simplified character sheets, and role cards
- Sensory-friendly pacing, fidget tools, quiet breaks
- Facilitators trained in neurodiversity-affirming practice
- Optional collaboration with caregivers, therapists, or educators for accessibility

Screening and Eligibility

- This group is best suited for neurodivergent youth with minimal/low support needs

To ensure our group therapy sessions are a good fit, each participant must complete a pre-registration screening. This process includes:

- A review of a completed intake questionnaire
- A review of the participant's current IEP and any relevant reports
- A 15-minute virtual meet-and-greet with one of our group facilitators (attendance by both the parent/guardian and the participant is required)

Want to Learn More or Register?

Contact us at:

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