

TRAUMA INFORMED

D&D PROGRAM

AT ROCKDALE

10 WEEKS
STARTING
FROM

17

FEB 2025



Funded by

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative



LILLY PILLY
counselling

ABOUT THIS GROUP

Lilly Pilly Counselling is offering a 10-week program specifically designed for people who are gender-diverse, neurodiverse and facing long-term mental health challenges. This unique program will use Dungeons & Dragons (D&D) as a tool to foster creativity and community.

The sessions will be led by two experienced Dungeon Masters (DMs), Jared and Peak, and supported by Gus Dunworth, our Provisional Psychologist and D&D enthusiast.

This program offers a safe, inclusive space for participants to explore their identities and build social connections.

No D&D experience or equipment needed.

MEET THE GROUP FACILITATORS



Jared Gerschwitz is an actor, producer, entertainer and massive nerd. Using his experience in theatre, improvisation, and hosting; he loves building unique worlds for players to explore and tell a collaborative story in together. A bard player from day one; Jared enjoys the roleplay aspects of D&D and uses it to bring fun, drama and tension to the stories he creates with his fellow players.



Peak Distapan is an illustrator, games festival producer and avid D&D enthusiast. Once upon a time he was also the Dungeon Master for Dungeons and Drag Queens, A Sydney based D&D livestream and podcast. Whether on the stage or at the dining table, nothing brings Peak more joy in D&D than building an intricate fantasy world and doing silly goblin voices.



Gus (he/him) is a Provisional Psychologist with a comprehensive approach to mental health and wellbeing that emphasises each person's capacity for growth and change. He has been playing D&D (and other tabletop roleplaying games) for over a decade, and loves the way it brings people together. His favourite 5th edition class is the warlock.

THE DETAILS



6:00pm - 8:30pm Mondays
10 weeks, starting February 17th 2025



Lilly Pilly Counselling Inc
Suite 1, 454 Princes Highway Rockdale



FREE
For eligible participants

RSVP & MORE INFO



Gus: 0480 431 341



Gus: g.dunworth@lilypillycounselling.com.au

TO SECURE YOUR SPACE

Eligibility criteria:
Participants must meet all eligibility criteria (including not currently assisted by the NDIS).

This group is open to self referral or referral by clinician or support person using the link below:

<https://phncesws.redicase.com.au/#!/referral/create>