



# Level up Your Life

Every Wednesday 3:15p - 4:45p

Sept. 19 - Nov. 28

Health & Counseling Services | 704 E. Sharp

\*Snacks provided\*

## Level Up Your Life! Gaming for fun and personal growth

---

This is a therapeutic gaming group, led by a Mental Health Counselor who also has years of experience playing RPGs and other games. This group is designed to help people increase their skills in the areas of communication, collaboration, and personal awareness. We will focus on having fun in a safe, confidential setting.

Questions? Please email [StudentHealth@gonzaga.edu](mailto:StudentHealth@gonzaga.edu).

### *To Register:*

Please sign up for group in the health portal under Appointment Tab at <https://gonzaga.medicalconnect.com> log in with your zagmail username and password or email [StudentHealth@Gonzaga.edu](mailto:StudentHealth@Gonzaga.edu) or walk in during time of group

**FOR GU STUDENTS | No Cost**

