

TRAUMA INFORMED

# D&D PROGRAM

AT ROCKDALE

10 WEEKS  
STARTING  
FROM

# 12

MAY 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 LGBTQ+, 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 liveshow 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 May 12th 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](mailto: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>