

TACID Wellness & Recovery Groups

For more information please call 253-565-9000

Please have friends, family members, and/or professionals wait in the lobby during group.

If you are new to TACID, just come 15 minutes before your group to fill out a brief intake.

Living in the Balance

Mondays 12:00pm - 1:15pm

Living in the Balance is a peer support group open to anyone who experiences intense moods regardless of diagnosis. Anyone who identifies as living with Bipolar Disorder, Depression, or Post Traumatic Stress will feel at home in the Balance group. We share our stories, successes and challenges and explore various tools for finding balance and living well.

Intuitive Painting Class

Second Monday of Each Month 1:30pm – 4:30pm

This is an experiential workshop for spontaneous creative expression. Paint your inner journey in a safe, supportive environment. Deliciously colored paint, many brushes and white crisp paper are provided free of charge. No art experience is needed just your openness to color and play! Wear your painting clothes! Nadine Hamil is a certified Master Intuitive Painting and Expressive Arts Facilitator and Creativity Coach from Artful Dreamers Studio.

Gentle Yoga

Tuesdays & Thursdays 10:00 - 11:30pm

Gentle yoga to stretch muscles, focus on the breath, and increase mind-body awareness. Modifications are easily made to fit you and your body's unique needs. Prior experience is not required and you do not need to be 'in shape' to benefit. Mats and other tools are provided. Find some time to unwind and get connected to your body, breath, and feel the beauty of who you are! Megan is licensed in massage, a certified in yoga instructor and has an extensive background in leading meditations, expressive movement, sound and energy healing.

Healing through Touch

Tuesdays 12:00pm -1:45pm & Thursdays 1:00pm - 3:00pm

(Must be on site at 1:00 to sign up for a 15 minute appointment)

Healing touch is a light, gentle, relaxing massage to calm your mind and body. Sessions are from 5-15 minutes. You can choose hand, arm, neck or shoulders or a combination. Choose music or silence. Give yourself this gift of relaxation in a comfortable setting, fully clothed, and with no use of oils or lotions. Megan is licensed in massage, a certified in yoga instructor and has an extensive background in leading meditations, expressive movement, sound and energy healing.

Stress Down/Recovery Up

Tuesdays 1:00pm - 2:15pm

Stress Down/Recovery Up offers peer support for anyone challenged by anxiety and stress and wants to connect with others who share similar experiences. While you do not need to have a diagnosis to participate, anyone who identifies as having Post Traumatic Stress, or Anxiety disorders will find a safe and comfortable experience in this support group. We share our stories, successes and challenges and explore tools for reducing anxiety and stress and for living well.

Sacred Movement Class

Tuesdays 2:15pm – 3:00pm

A fun, joy-filled time to play and let go. Through guided and self-directed movement with sound we explore having fun and allowing your inner child to come out and play. Most of this class is done seated and you can remain seated as you are comfortable. Your way of finding and expressing joy is perfect! Megan is licensed in massage, a certified in yoga instructor and has an extensive background in leading meditations, expressive movement, sound and energy healing.

Rambling Pens

Tuesdays 3:00pm - 4:45pm

Write, grow and bloom. Writing can be a creative expression of your thoughts, feelings, and experiences. The emphasis is not to be great writers, but only to gain insight about ourselves through the writing. We have tools designed to prompt writing ideas. If you feel comfortable, you may share your writing but this is not mandatory. Bring your favorite notebook and pen!

Art in Recovery

Tuesdays 6:30pm - 7:45pm & Fridays 1:00pm - 3:00pm

Art can be a powerful expressive tool in our healing journey. Art in Recovery (AIR) is about the emotional process of art, connecting with our creativity in a nonjudgmental environment and experimenting with color, forms and different materials. The goal is not to create a 'pretty picture' but to experience ourselves in a new way. All materials are provided.

Journey through Grief

Thursdays 1:00pm - 2:15pm

Journey through Grief is a peer support group for anyone coping with the loss of a loved one, a beloved pet, loss of health, and more. While we each grieve in our own unique way, we do not have to be alone. You will find gentle and compassionate support and a safe place to share your feelings as your journey through the grief process.

Voices & Visions

Thursdays 1:45pm - 3:00pm

Voices & Visions is a peer support group open to anyone experiencing voice hearing, visions, and other unusual sensory experiences. This group not limited to a particular diagnosis though if you identify as someone living with Schizophrenia, Schizoaffective or psychosis you would feel at home in Voices & Visions. We share our stories, successes and challenges, learn new perspectives and explore tools for living well with experiences that are often misunderstood and stigmatized.

Yoga for Core, Balance & Strength

Thursdays 3:30pm - 4:30pm

This yoga class focuses on strengthening the core, the muscles that help us maintain balance. Each movement and the pace can be shaped to fit each person's individual needs and abilities. Prior experience is not required and you do not need to be 'in shape' to join in. Mats and other tools are provided. Megan is licensed in massage, a certified in yoga instructor and has an extensive background in leading meditations, expressive movement, sound and energy healing.

Meditation & Sound Bath Thursdays

11:45am – 12:30pm

A guided meditation experience combined with the ancient practice of sound immersion using the relaxing sounds of singing bowls, gongs and/or chimes. Experience deep relaxation while cocooned in healing sound energies. Wear comfortable clothing and bring a blanket if you like. Yoga mats and zero gravity chairs are provided. Megan is licensed in massage, a certified in yoga instructor and has an extensive background in leading meditations, expressive movement, sound and energy healing.