

TACID Wellness & Recovery Peer Groups APRIL 2022

For more information please call 253-565-9000

Living in the Balance Onsite: Mondays 12:00pm - 1:15pm * MASKS REQUIRED*****

Living in the Balance ZOOM: Fridays 10:30-11:30am

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.

For a Zoom group invitation please contact Lisa at (253) 565 9000 Ext. 33/ lisa@tacid.org or Corie at (253) 565 9000 Ext. 35/ corie@tacid.org

NEW TIME! Intuitive Painting Class Onsite: First & Third Thursday of Each Month 1:00-3:00pm * MASKS REQUIRED*****

This experiential workshop celebrates 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.

For more information call TACID (253)565-9000

******NOTE: Tai Chi group is on hold until further notice******

Choose Hope for Depression Onsite: Mondays 3:00-4:15pm * MASKS REQUIRED*****

Choose Hope for Depression ZOOM: Wednesdays 10:00-11:00am

Choose Hope for Depression is a peer support group open to anyone who experiences the challenge of depression. If this sounds like you, you will feel at home with our peer facilitators and group participants. We share our stories, successes and challenges and explore various tools for finding and strengthening our hope and perspective.

For a Zoom group invitation please contact Lisa at (253) 565 9000 Ext. 33/ lisa@tacid.org or Corie at (253) 565 9000 Ext. 35/ corie@tacid.org

ZOOM Gentle Yoga: Thursdays 3:30-4:30pm

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. Find some time to unwind and get connected to your body, breath, and feel the beauty of who you are! Megan is a certified in yoga instructor and has an extensive background in leading meditations, expressive movement, sound and energy healing.

For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

Rambling Pens Onsite: Tuesdays 3:30pm - 4:45pm * MASKS REQUIRED*****

Rambling Pens ZOOM: Wednesdays 3:00-4:00pm

Write, grow and bloom! Writing can be the 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 process of writing. We have tools designed to help prompt writing ideas. If you feel comfortable, you may share your writing but this is not mandatory. Bring your favorite notebook and pen!

For a Zoom group invitation please contact Lisa at (253) 565 9000 Ext. 33/ lisa@tacid.org or Corie at (253) 565 9000 Ext. 35/ corie@tacid.org

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Art in Recovery Onsite: Fridays 1:00-3:00pm * MASKS REQUIRED*****

Art in Recovery ZOOM Tuesdays 10:00-11:00am (Starts October 12th)

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.

For a Zoom group invitation please contact Lisa at (253) 565 9000 Ext. 33/ lisa@tacid.org or Corie at (253) 565 9000 Ext. 35/ corie@tacid.org

Exploring 12 Step Recovery Onsite: Wednesdays 3:00pm-4:15pm * MASKS REQUIRED*****

Exploring 12 Step Recovery ZOOM: Thursdays 3:30-4:30pm

This is an opportunity for anyone curious about twelve step recovery addiction issues. We talk about each step, discussing, questioning and looking at how the twelve step process can be helpful in making changes we desire. There is no pressure to adopt the steps, just a chance to learn about the process. This group is not affiliated with A.A., N.A. or any other traditional 12 step group.

For a Zoom group invitation please contact Corie at (253) 565 9000 Ext. 35 or corie@tacid.org

ZOOM Meditation

Thursdays 11:45am – 12:30pm

A guided meditation experience that invites you in to deep, peaceful relaxation. Wear comfortable clothing and have a cozy blanket handy if you like. Megan is licensed in massage therapist, a certified in yoga instructor and has an extensive training and background in leading meditations, expressive movement, as well as sound and energy healing.

For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

Journey through Grief Onsite: Thursdays 12:30pm – 1:45pm * MASKS REQUIRED*****

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 you journey through the grief process. For more information contact Lisa at (253)565-9000 Ext. 33 or lisa@tacid.org

Voices & Visions Onsite: Thursdays 1:45pm - 3:00pm * MASKS REQUIRED*****

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 who experiences 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 or stigmatized.

For more information contact Corie at (253)565-9000 Ext. 35 or corie@tacid.org

Managing COVID Grief & Stress: Onsite Group Tuesdays 1:00-2:15pm *MASKS REQUIRED*****

Managing COVID Grief & Stress: ZOOM Group Mondays 10:00-11:00am

We are living in unusual times that can increase our feelings of stress, anxiety and isolation. We may experience grief over the loss of our old 'normal', jobs, housing or people we knew due to COVID. Information about COVID changes daily which can leave us unsure how to be safe. You can join this peer support group to connect with others experiencing similar issues, talk about the challenges and discuss coping skills.

For a Zoom group invitation please contact Lisa at (253) 565 9000 Ext. 33/ lisa@tacid.org or Corie at (253) 565 9000 Ext. 35/ corie@tacid.org