

TACID Wellness & Recovery Peer Groups – as of JULY 2022

For more information please call 253-565-9000

MONDAYS:

10:00-11:00am. Managing COVID Grief & Stress ZOOM Group. For a Zoom group invitation please contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org

12:00-1:15pm. Living in the Balance ONSITE. * MASKS REQUIRED***** For more information contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org

3:00-4:15pm. Choose Hope for Depression ONSITE. * MASKS REQUIRED***** For more information contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org

TUESDAYS:

10:00-11:00am. Art in Recovery ZOOM Group. For a Zoom group invitation please contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org

10:30-11:30am. Gentle Yoga Movement ONSITE. * MASKS REQUIRED***** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

11:45am-12:30pm. Sound Bath Meditation ONSITE. * MASKS REQUIRED***** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

1:00-2:15pm. Managing COVID Grief & Stress ONSITE. *MASKS REQUIRED***** For more information contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org

1:00 – 3:00pm. Fifteen Minute Healing Massage ONSITE. * MASKS REQUIRED*** Sign up on sheet outside Room 10.** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

3:30-4:30pm. Core Yoga Movement ONSITE. * MASKS REQUIRED***** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

3:30-4:45pm. Rambling Pens ONSITE. * MASKS REQUIRED***** For more information contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org

WEDNESDAYS:

10:00-11:00am. Choose Hope for Depression ZOOM Group. For a Zoom group invitation please contact Corie at (253) 565-9000 Ext. 135/ corie@tacid.org

12:30-1:00pm. BINGO in Room 2 ONSITE. *MASKS REQUIRED***** For more information contact Rebecca a rebecca@tacid.org or (253) 565-9000 Ext. 117.

3:00-4:00pm. Rambling Pens ZOOM Group. For a Zoom group invitation please contact Corie at (253) 565-9000 Ext. 135/ corie@tacid.org

3:00-4:15pm. Exploring Twelve Step Recovery ONSITE. * MASKS REQUIRED***** For more information please contact Corie at (253) 565- 9000 Ext. 135/ corie@tacid.org

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THURSDAYS:

- 10:30-11:30am. Gentle Yoga Movement ONSITE. *** MASKS REQUIRED***** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.
- 11:45am-12:30pm. Sound Bath Meditation ONSITE. *** MASKS REQUIRED***** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.
- 12:30-1:45pm. Journey through Grief ONSITE. *** MASKS REQUIRED***** For more information call TACID (253)565-9000.
- 1:00-1:45pm. Fun Movement in Room 2 ONSITE. *** MASKS REQUIRED***** For more information call TACID (253)565-9000.
- 1:00-2:00pm. Tai Chi Class ONSITE. *** MASKS REQUIRED*** Begins July 7th.** For more information call TACID (253)565-9000.
- 1:45-3:00pm. Voices & Visions ONSITE. *** MASKS REQUIRED***** For more information please contact Corie at (253) 565- 9000 Ext. 135/ corie@tacid.org
- 1:00-3:00pm. Intuitive Painting Class ONSITE. First & Third Thursday of Each Month. *** MASKS REQUIRED***** For more information call TACID (253)565-9000.
- 2:30-3:00pm. Fifteen Minute Healing Massage ONSITE. *** MASKS REQUIRED*** Please sign up on sheet outside Room 10.** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.
- 3:30-4:30pm. Drum & Sound Healing Circle ONSITE. *** MASKS REQUIRED***** For more information email Megan at megan@tacid.org or call TACID at (253)565-9000.

FRIDAYS:

- 10:30-11:30am. Living in the Balance ZOOM.** For a Zoom group invitation please contact Lisa at (253) 565-9000 Ext. 133/ lisa@tacid.org
- 11:00-11:30pm. BINGO in Room 2 ONSITE. *** MASKS REQUIRED***** For more information contact Rebecca at rebecca@tacid.org or (253) 565-9000 Ext. 117.
- 12:00-2:00pm. The Friday Movie in Room 2 ONSITE. *** MASKS REQUIRED***** For more information or to find out what movie is playing contact Rebecca at rebecca@tacid.org or (253) 565-9000 Ext. 117.
- 1:00-3:00pm. Art in Recovery ONSITE *** MASKS REQUIRED***** For more information call TACID (253)565-9000.