



Promoting the wellness,
recovery, and resilience of
adults experiencing disabilities.



Choose Hope for Depression

Choose Hope for Depression peer support group is open to anyone who lives with depression and wants to increase hope and support recovery. We share our stories, successes, challenges, and explore tools for finding hope and living well. This group is for adults (18+) who experience depression. You don't have to be diagnosed with depression to participate.

*Masks required at TACID Center meeting.

 Online*	Wednesdays	10:00-11:00am
 TACID Center	Mondays	3:00 - 4:15pm

For more information or a *ZOOM invitation (required) contact:
Corie at (253) 565-9000 ext. 135 or email corie@tacid.org.



ONLINE SCHEDULE
COPY TO YOUR CALENDAR

6315 S. 19th St., Tacoma, WA

info@TACID.org

TACID.org