

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



Living in the Balance

A peer group for adults and young adults (18+) seeking balance in their life while living with the challenge of shifting mood states. We share our stories, successes, challenges, and explore tools for living well. There's no one else quite like you, and the world really is a better place with you in it. Take some time for yourself and drop in. We'd love to meet you!



Online*

Fridays: 10:30 – 11:30am



TACID Center

Mondays: 12:00 – 1:15pm

For more information or a *ZOOM invitation (required) contact:

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