

## **TACID Wellness & Recovery Peer Groups – updated 10/19/2022**

For more information please call 253-565-9000

### **Drop-In Social & Recreation Onsite: Mondays through Fridays 10:00am-2:00pm \*\*\* MASKS REQUIRED\*\*\***

For more information or to participate, please contact Rebecca at [rebecca@tacid.org](mailto:rebecca@tacid.org) or (253) 565-9000 Ext. 117.

### **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. 133/ [lisa@tacid.org](mailto:lisa@tacid.org) or Corie at (253) 565-9000 Ext. 135/ [corie@tacid.org](mailto:corie@tacid.org).

### **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. 133/ [lisa@tacid.org](mailto:lisa@tacid.org) or Corie at (253) 565-9000 Ext. 135/ [corie@tacid.org](mailto:corie@tacid.org).

### **Gentle Yoga Movement Onsite: Tuesdays and Thursdays 10:30-11:30am \*\*\* MASKS REQUIRED\*\*\***

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, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

### **Sound Bath Meditation Onsite: Tuesdays and Thursdays 11:45am – 12:30pm \*\*\* MASKS REQUIRED\*\*\***

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, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

### **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. 133/ [lisa@tacid.org](mailto:lisa@tacid.org) or Corie at (253) 565-9000 Ext. 135/ [corie@tacid.org](mailto:corie@tacid.org).

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### **15-Minute Healing Massage: Tuesdays 1:00pm-3:00pm, and 2<sup>nd</sup> & 4<sup>th</sup> Thursdays 2:30-3:00pm \*\*\*MASKS REQUIRED\*\*\***

15-minute healing massage is a light, gentle, relaxing massage to calm your mind and body. Sessions are 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. For more information, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

### **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. 133/ [lisa@tacid.org](mailto:lisa@tacid.org).

### **Core Yoga Movement Onsite: Tuesdays 3:30-4:30pm \*\*\* MASKS REQUIRED\*\*\***

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. For more information, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

### **BINGO in Room 2 Onsite: Wednesdays 12:30-1:00pm & Fridays 11:00-11:30am \*\*\* MASKS REQUIRED\*\*\***

Just casual BINGO for participants in the TACID Day Room. Join us for fun and small prizes. For more information, please contact Rebecca at [rebecca@tacid.org](mailto:rebecca@tacid.org) or (253) 565-9000 Ext. 117.

### **Exploring Addiction Recovery Onsite: Wednesdays 3:00pm-4:15pm \*\*\* MASKS REQUIRED\*\*\***

This is an opportunity for anyone curious about recovery for addiction issues. We talk about various programs for addiction recovery, discussing, questioning and looking at how they can be helpful in making changes we desire. There is no pressure to adopt any model for addiction recovery, just a chance to learn and discuss. This group is not affiliated with A.A., N.A. or any other traditional 12 step group. For more information, please contact Corie at (253) 565-9000 Ext. 135 or [corie@tacid.org](mailto:corie@tacid.org).

### **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, please contact Lisa at (253) 565-9000 Ext. 133 or [lisa@tacid.org](mailto:lisa@tacid.org).

### **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! For more information, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

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### **Tai Chi Onsite: Thursdays 1:00-2:00pm \*\*\* MASKS REQUIRED\*\*\***

Tai Chi seeks to achieve harmony with nature and the balance of mental serenity and physical strength. Often described as meditation in motion, it can reduce stress while gently strengthening and stretching the body. Phil Schneider has been practicing and teaching Tai Chi for over 30 years and offers this gentle, adaptive version of Tai Chi which allows anyone to experience the many benefits of this healing experience. Space is limited. For more information, please call TACID at (253) 565-9000.

### **Fun Movement in Room 2 Onsite: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays 1:15-1:45pm, and 2<sup>nd</sup> and 4<sup>th</sup> Thursdays 1:00pm-1:45pm \*\*\* MASKS REQUIRED\*\*\***

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. For more information, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

### **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, please contact Corie at (253) 565-9000 Ext. 135 or [corie@tacid.org](mailto:corie@tacid.org).

### **Drum & Sound Healing Circle Onsite: Thursdays 3:30-4:30pm \*\*\* MASKS REQUIRED\*\*\***

Drumming is a group experience focused on sharing rhythm and internal energy. Drumming has been proven to lower stress and chronic pain, as well as improving mood and strengthening the immune system. It also can bring a sense of community through sharing rhythm. For more information, please email Megan at [megan@tacid.org](mailto:megan@tacid.org) or call TACID at (253) 565-9000.

### **The Friday Movie in Room 2 Onsite: Fridays 12:00-2:00pm \*\*\* MASKS REQUIRED\*\*\***

Each week enjoy a family-rated movie with friends in the TACID Day Room! For more information or to find out what movie is playing, please contact Rebecca at [rebecca@tacid.org](mailto:rebecca@tacid.org) or call (253) 565-9000 Ext. 117.

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

#### **Art in Recovery ZOOM Tuesdays 10:00-11:00am**

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. 133/ [lisa@tacid.org](mailto:lisa@tacid.org) or Corie at (253) 565-9000 Ext. 135/ [corie@tacid.org](mailto:corie@tacid.org).

### **RolePlay Peer Gaming Group Onsite: Tuesdays 3:00-4:30pm \*\*\* MASKS REQUIRED\*\*\***

This is a group for anyone looking for a fun, new way to develop skills and make friends. Roleplaying games are an interactive but passive way to develop critical thinking, empathy, social skills, resource management, and more. Better yet, it's fun. Everyone is welcome at our table, regardless of their history or experience in playing games. Join us as we go on magical quests, solve puzzles, explore a new world, and make new friends. For more information, please contact Rebecca at [rebecca@tacid.org](mailto:rebecca@tacid.org) or call (253) 565-9000 Ext. 117.