

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



## Stress Less Peer Support Group

Stress Less is a peer support group for adults (18+) who experience stress and anxiety and would like to learn how to manage both. We will share our stories, our successes and challenges. Together, we'll discover new ways of working with our experience and which coping skills work best for each of us.

 TACID Center    Tuesdays    1:00 – 2:15pm

 Online\*    Mondays    10:00 – 11:00am

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

