



**Tacoma Area Coalition of Individuals with Disabilities**  
**6315 S 19th Street, Tacoma WA, 98466**

Front Desk/Reception	(253) 565-9000 x110
Wellness & Recovery Program Manager	(253) 565-9000 x138
Information & Referral & Room Reservations	(253) 565-9000 x124
Day Program Coordinator	(253) 565-9000 x120

*TACID does not discriminate based on race, ethnicity, religion, sexual orientation, income status, or for any other reason.*  
*Please note that TACID is now "MASK OPTIONAL"*  
*See the front desk for rules.*

#### **FOLLOW US...**



**TACID Online**



**www.tacid.org**



**TACID2020**



ONLINE SCHEDULE  
COPY TO YOUR CALENDAR

#### **DIRECTIONS**

**Take Pierce Transit to TACID**

*TACID is 250 yards east of the TCC Transit Center on Routes 1, 2, 10, 16, 28, 52, 53, 100 and 595.*

*For More info go to [www.piercetransit.org](http://www.piercetransit.org)*

**PROMOTING...**

**WELLNESS**

**RECOVERY**

**RESILIENCE**



## **EVENTS & ACTIVITIES CALENDAR**

*of what's happening at the Tacoma Area Coalition of Individuals with Disabilities*

**OCTOBER - DECEMBER 2023**

#### **Inside this issue:**

OUR MISSION .....	PAGE 2
SCHEDULE .....	PAGE 3-4
WHAT'S NEW .....	PAGE 5
DAY ROOM ACTIVITIES .....	PAGE 6
THANK YOU SPONSORS.....	PAGE 7
CONTACT INFORMATION.....	PAGE 8





## The Journey of Wellness & Recovery

The journey of wellness and recovery is personal and means something different to every individual. We offer a variety of groups and activities where you can explore your personal recovery journey in a safe and confidential environment. All these opportunities are provided by peers who are walking a similar path. Together, we can connect and heal.

You're welcome to attend in-person peer support groups and activities at our facility OR participate in online peer support on Zoom.

To participate in activities at our facility, simply stop by the reception desk and pick up a short intake form. Intakes for participation in Zoom groups can be done via phone or email.

**Our Mission:** Promoting the wellness, recovery and resilience of adults experiencing disabilities in Pierce County.

*TACID provides opportunities and resources for adults who might otherwise be excluded or marginalized, including those experiencing disabilities and members of other minority groups.*

Who We Are	How We Help	Services
We are a peer-led and directed nonprofit organization. If you or a family member are living with a challenge or disability and are looking for a place to find support and make connections, contact us!	At TACID, we focus on wellness and recovery instead of disability or diagnosis. Each person is the director of their own wellness and recovery process. We help by offering free services and supportive community for exploration, fun and understanding.	We offer peer support groups, wellness activities and comprehensive Information and Referrals. We also provide inclusive recreation in our Drop-in Dayroom (Monday through Friday 10AM-2PM). All of our services are free of charge!

We want to express our sincere appreciation to our Sponsors!

*Thank You for your Support!*



# Drop-in Dayroom

**Monday - Friday, 9:30am - 2:00pm**

For more information contact Eva Denning, Day Program Coordinator  
253-565-9000 x120 Or by email: [eva@tacid.org](mailto:eva@tacid.org)



**Come Join Us For...**

**BINGO!** Every Wednesday & Friday join us for  
**BINGO, 11:00am - 11:45am!**

**POPCORN AND A MOVIE!!**

*Every Friday at 12:00pm a different movie  
will be featured. To see what movies are  
playing, check our online calendar at:  
[tacid.org/calendar](http://tacid.org/calendar).*



**FUN MOVEMENTS**

**1st & 3rd Wednesdays**

1:15-1:45pm

**2nd & 4th Thursdays**

1:00pm-1:45pm

**Potluck & Karaoke**

Friday, December 8, 2023

11:30am - 2:00pm



Bring a dish and have some fun!!

Let the front desk receptionist  
know what you plan to bring :)

## Schedule

### Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
<b>15-Minute Healing Massage ONSITE</b> Signup the morning of; the sheet for this is on the door.	Tuesdays 2nd, 4th, and 5th Thursdays	1:00pm-3:00pm 2:30pm-3:00pm
<b>Art in Recovery ONSITE</b>	Fridays	1:00pm-3:00pm
<b>Choose Hope for Depression ONSITE</b>	Mondays	3:00pm-4:15pm
<b>Choose Hope for Depression ZOOM</b>	Wednesdays	10:00am-11:00am
<b>Core Yoga Movement ONSITE</b>	Tuesdays	3:30pm-4:30pm
<b>Cultivating PRIDE ONSITE</b>	Wednesdays	3:00pm-4:00pm
<b>Drop-in Dayroom</b>	Monday-Friday	9:30am -2:00pm
<b>Drum &amp; Sound Healing Circle ONSITE</b>	Thursdays	3:30pm-4:30pm
<b>Generation of Change ZOOM</b>	Mondays Wednesdays Fridays	6:00pm-8:00pm
<b>Gentle Yoga Movement ONSITE</b>	Tuesdays Thursdays	10:30am-11:30am
<b>Intuitive Art Class ONSITE</b>	1st & 3rd Thursdays	1:00pm-3:00pm
<b>It's Good to be Me ONSITE</b>	Wednesdays	3:00pm-4:15pm
<b>Journey through Grief ONSITE</b>	Thursdays	11:30am-12:45pm
<b>Living in the Balance ONSITE</b>	Mondays	12:00pm-1:15pm
<b>Living in the Balance ZOOM</b>	Fridays	10:30am-11:30am
<b>RolePlay Peer Gaming Group ONSITE</b>	Tuesdays	3:00pm-4:30pm
<b>Sound Bath Meditation ONSITE</b>	Tuesdays Thursdays	11:45am-12:30pm

CONTINUED ON THE NEXT PAGE



# Schedule

## Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
Stress Less ZOOM	Mondays	10:00-am11:00am
Stress Less ONSITE	Tuesdays	1:00pm-2:15pm
Tai Chi ONSITE	Thursdays	1:00pm-2:00pm
Voices & Visions ONSITE	Thursdays	1:45pm-3:00pm
Community Partner Groups	Day	Time
NAMI Pierce Community Gathering	3rd Wednesday	5:00pm-8:00pm
NAMI Pierce Family Support Group	2nd & 4th Thursdays	6:00pm-7:30pm
Post Polio Support Group Meets Every Other 1st Monday	Next meeting: December 4th	12:00pm-3:00pm
Tacoma Amputee Support Group	2nd Tuesdays	3:00pm-4:00pm
Tacoma Brain Injury Support Group	1st & 3rd Tuesdays	6:00pm-7:30pm
Tacoma Social Support Group	Thursdays	3:30pm-4:30pm

## GROUP & ACTIVITIES UPDATE

**October 18, 2023**

ALL DAYROOM (Room 2) ACTIVITIES are cancelled.

**November 17, 2023**

ALL GROUPS are cancelled for the day.

## TACID Holiday & Other Closures:

October 9th - Indigenous Peoples' Day  
November 10th—Veterans' Day  
November 23rd and 24th—Thanksgiving Holiday

**TACID'S ANNUAL CLOSURE**  
December 22, 2023 thru January 1, 2024

# WELLNESS CORNER



**Gentle Yoga** allows you 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. **Core Yoga Movement** 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.

**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 even 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.



**Fun Movement & Sound Circle** as well as **Drum & Sound Healing Circle** focuses 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. Movement promotes healing of the mind and body and triggers the body's natural healing response, while increasing flexibility, coordination, balance, and strength.

**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.



**Sound Bath** is a guided meditation experience combined with the ancient practice of sound immersion using the relaxing sounds of singing bowls, gongs and/or chimes. Experience deep relaxation while cocooned in healing sound energies.

**Intuitive Art Class** celebrates spontaneous, creative expression. Paint your inner journey in a safe, supportive environment. It is the source of authentic creativity in that it arises from inner personal experience thereby giving rise to highly personal responses to the world.



Please see pages 3-4 for a schedule of days and times. Most are in Room 10, art class is in Room 6.

