

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



## Busy Hands, Busy Minds

Busy Hands, Busy Minds provides a low-pressure environment for working through anxieties around small talk. Together we practice communication skills and connection-building with one another. To relieve pressure, everyone is encouraged to bring a small, portable craft—crochet, sewing, knitting, drawing, or anything!—to keep their hands occupied during the group. (Note: At this time, we are not teaching crafts and will not be able to provide supplies outside of paper and pens for doodling.)

 TACID Center    Wednesdays    1:00 – 2:15pm

For more information contact:

Rebecca at (253) 565-9000 ext. 117 or email [rebecca@tacid.org](mailto:rebecca@tacid.org).



6315 S. 19<sup>th</sup> St., Tacoma, WA

[info@TACID.org](mailto:info@TACID.org)

[TACID.org](http://TACID.org)