

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 and discover what coping skills work best for each of us. 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

For more information or a *ZOOM invitation (required) contact:
Lisa at (253) 565-9000 ext.133 or email lisa@tacid.org

