


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



# The Caregiver’s Space

The Caregiver’s Space is a group for people who are caring for or have cared for individuals faced with various health challenges or disabilities. The group offers a valuable platform for caregivers to connect, share, support each other, and gain the strength and resilience needed to navigate challenging emotions and situations.

 TACID Center    Wednesdays    3:00 – 4:15pm

For more information contact:  
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