

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



The Writer's Block

This group is for people (18+) to gather in a judgement-free zone for creative expression. Writing exercises will range from journaling, poetry, free-write, short stories, and more. The purpose of the group is to help participants process their thoughts and emotions and encourage confidence-building through writing and self-expression. Paper and pencils are provided.



TACID

Fridays 11:30AM-12:45PM



For more information contact:

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