

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



Artful Expressions

Artful Expressions is a group for adults and young adults (18+). This group is focused on the healing power of self expression as a natural support in our recovery journey. This is a non-judgemental group where we can be playful and explore the beneficial value of creativity. It's a safe space to share our recovery stories or create quietly.

 TACID Center Wednesdays 1:00 – 2:30pm



For more information contact:

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