


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



Choose Hope for Depression

Choose Hope for Depression peer support group is open to anyone who lives with depression and wants to increase hope and support recovery. We share our stories, successes, challenges, and explore tools for finding hope and living well. This group is for adults (18+) who experience depression. You don't have to be diagnosed with depression to participate.

 TACID Center Wednesdays 11:30am-12:45pm

For more information please contact:

Lisa at (253) 565-9000 ext. 133 or email Lisa@tacid.org.



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