

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



## Living in the Balance

A peer group for adults and young adults (18+) seeking balance in their life while living with the challenge of shifting mood states. We share our stories, successes, challenges, and explore tools for living well. There's no one else quite like you, and the world really is a better place with you in it. Take some time for yourself and drop in either via Zoom or in person. We'd love to meet you!



TACID Center

Mondays: 11:30am - 12:45pm

For more information or to get the Zoom Link contact:

Lisa at (253) 565-9000 ext.133 or email [lisa@tacid.org](mailto:lisa@tacid.org)

Meeting ID: 847 9675 3682



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