

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



## Body Mind & Soul for Men

The aim of this group is to provide a place for men to speak freely and express their emotions, thoughts, and concerns, as well as any changes within their body. Body image issues are rising fast among men. When it comes to their bodies and minds, men need to have a supportive and compassionate environment to connect with others. For those who identify as male and are interested in a non-judgmental environment for self-expression, this support group is for you. This group is via Zoom and In Person.

 TACID Zoom      Fridays 11:30am-12:45pm  
Zoom Meeting ID: 828 6740 8103



For more information contact: [billy@tacid.org](mailto:billy@tacid.org)