



Tacoma Area Coalition of Individuals with Disabilities
6315 S 19th Street, Tacoma WA, 98466

Front Desk/Reception	(253) 565-9000 x110
Wellness & Recovery Director	(253) 565-9000 x121
Wellness & Recovery Program Manager	(253) 565-9000 x139
Information & Referral & Room Reservations	(253) 565-9000 x124
Day Program Activities	(253) 565-9000 x111
Volunteer Opportunities	(253) 565-9000 x139

Need a resource in Pierce County? TACID's Information and Referral Services connect community members with essential resources like healthcare, housing, food bank information, and more.

We provide personalized support to help you find what you need. Available to everyone, these services can be accessed through our I&R Specialist by contacting us at 253-565-9000 x124 or by emailing barbara@tacid.org. Help is just a call or email away!

FOLLOW US

TACID does not discriminate based on race, ethnicity, religion, sexual orientation, income status, or for any other reason. Please note that TACID is now "MASK OPTIONAL" See the front desk for rules.

 **TACID Online**
 www.tacid.org
 **TACID2020**



PROMOTING...
WELLNESS
RECOVERY
RESILIENCE



EVENTS & ACTIVITIES CALENDAR

of what's happening at the Tacoma Area Coalition of Individuals with Disabilities

1ST QUARTER 2025
January thru March

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Celebrate. Learn. Share
ADA34 ★ 1990 - 2024 ★
 Americans with Disabilities Act

The Journey of Wellness & Recovery

The journey of wellness and recovery is personal and means something different to every individual. We offer a variety of groups and activities where you can explore your personal recovery journey in a safe and confidential environment. All these opportunities are provided by peers who are walking a similar path. Together, we can connect and heal.

You're welcome to attend in-person peer support groups and activities at our facility OR participate in online peer support on Zoom.

To participate in activities at our facility, simply stop by the reception desk and pick up a short intake form. Intakes for participation in Zoom groups can be done via phone or email.

Our Mission: Promoting the wellness, recovery and resilience of adults experiencing disabilities in Pierce County.

TACID provides opportunities and resources for adults who might otherwise be excluded or marginalized, including those experiencing disabilities and members of other minority groups.



Thank You to our Funders and Sponsors for their generous support!



Drop-in Dayroom

Monday - Friday, 9:30am - 3:00pm

For more information contact our Day Program Coordinator:
Molly at molly@tacid.org, x111



Come Join Us For...

BINGO! Every Wednesday & Friday join us for BINGO, 11:00am - 11:45am!

POPCORN AND A MOVIE!!

Every Friday at 12:00pm a different movie will be featured. To see what movies are playing, check our online calendar at: tacid.org/calendar.



FUN MOVEMENT & SOUND CIRCLE

Join us in this engaging, fun and happy activity that sparks creativity, builds connections, and gets you energized!
1st & 3rd Wednesdays, 1:00pm-1:45pm



Whoooo's Ready for a Pofluck???

If you are, come join us for fun and karaoke...



Friday, February 14, 2025
11:30am - 2:00pm
In Room 6



Please RSVP your attendance and what you plan to bring by Tuesday, Feb. 11th at the Front Desk.

Schedule

Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
Drop-in Dayroom	Monday-Friday	9:30am - 3:00pm
Living in the Balance HYBRID	Mondays	11:30am-12:45pm
Writer's Block HYBRID	Mondays	1:00pm-2:15pm
Empowered Bodies, Empowered Minds NEW DAY starting 1/6/2025	Mondays	3:00pm-4:15pm
Chair Yoga	Tuesdays	10:30am-11:30am
The Flow Within NEW GROUP starting 1/7/2025	Tuesdays	11:30am-12:00pm
Sound Bath Meditation	Tuesdays	11:45am-12:30pm
Stress Less	Tuesdays	1:00pm-2:15pm
15-Minute Healing Reiki <i>Signup the morning of; the sheet for this is on the door.</i>	Tuesdays	1:00pm-3:00pm
Choose Hope for Depression	Wednesdays	11:30am-12:45pm
Artful Expressions	Wednesdays	1:00pm-2:30pm
Fun Movement & Sound Circle	1st & 3rd Wednesdays	1:00pm-1:45pm
Chair Yoga	Thursdays	10:30am-11:30am
Journey through Grief	Thursdays	11:30am-12:45pm
Sound Bath Meditation	Thursdays	11:45am-12:30pm
Tai Chi	Thursdays	1:00pm-2:00pm
Voices & Visions	Thursdays	1:00pm-2:15pm
Intuitive Art Class	Thursdays	1:00pm-3:00pm

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Schedule

Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
Madly in Love with Me	Thursdays	3:00pm-4:15pm
Drum & Sound Healing Circle	Thursdays	3:30pm-4:30pm
Body, Mind & Soul for Men 18+ (Hybrid) NEW DAY starting 1/3/2025	Fridays	11:30am-12:45pm
Art in Recovery	Fridays	1:00pm-2:30pm
Community Partner Groups	Day	Time
NAMI Pierce Community Gathering	3rd Wednesdays	5:00pm-8:00pm
NAMI Pierce Family Support Group	2nd & 4th Thursdays	6:00pm-7:30pm
Tacoma Amputee Support Group	2nd Tuesdays	5:30pm-7:30pm
Tacoma Brain Injury Support Group	1st & 3rd Tuesdays	6:00pm-7:30pm
Tacoma Deaf Senior Citizens	2nd Mondays	10:30am-2:30pm
Tacoma Social Support Group	Fridays	3:30pm-4:30pm

JUST A LITTLE INFORMATION ABOUT TACID . . .

Who We Are	How We Help	Services
We are a peer-led and directed nonprofit organization. If you or a family member is living with a challenge or disability and are looking for a place to find support and make connections, contact us.	At TACID, we focus on wellness and recovery instead of disability or diagnosis. Each person is the director of their own wellness and recovery process. We offer free services and a supportive community for exploration, fun and understanding.	We offer peer support groups, wellness activities, supportive resources via our information and referral service, and inclusive activities Monday thru Friday in our Dayroom, from 9:30am-3:00pm. All services are free of charge!

THIS QUARTER'S CLOSURE DATES

Wednesday, January 1, 2025, New Year's Day

Monday, January 20, 2025, MLK Jr. Day

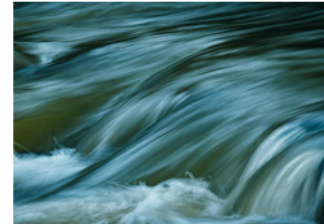
Monday, February 17, 2025, President's Day



The Flow Within

Tuesdays, 11:30am-12pm NEW GROUP starting 1/7/2025

In this group, we focus on tools that may help us to navigate emotions. If you find yourself lost at what to do when you're angry, anxious, sad or even during shut down, this may be the group for you. For more information, contact: Da'Nitra at danitra@tacid.org or 253-565-9000 x139.



Body, Mind & Soul Group (Hybrid)

Same great group moved from Monday to Fridays, 11:30am-12:45pm in Rm 5. NEW DAY starting 1/3/2025

The aim of this group is to provide a place for men (21+) to speak freely and express their emotions, thoughts, and concerns, as well as any changes within their body. For more information, contact: Billy at billy@tacid.org.

Empowered Bodies, Empowered Minds

Moved from Fridays to Mondays, 3:00-4:15pm in Rm 5.

NEW DAY starting 1/6/2025

This support group is for individuals (18+) who identify as female and are interested in a non-judgmental space for self-exploration. We focus on embracing our bodies by practicing acceptance through guided discussions, inspirational books, guest speakers, and more. For more information, contact Da'Nitra at danitra@tacid.org or 253-565-9000 x139.

