

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



The Writer's Block

This group is for people (18+) to gather in a judgement-free zone for creative expression. Writing exercises will range from journaling, poetry, free-write, short stories, and more. The purpose of the group is to help participants process their thoughts and emotions and encourage confidence-building through writing and self-expression. Paper and pencils are provided. This group is a Hybrid group on Zoom & In Person.



TACID

Mondays 1:00pm-2:15pm

Zoom ID

832 1286 0654



For more information contact:

Da'Nitra, CPC at: (253) 565-9000 x139 or email DaNitra@tacid.org

6315 S. 19th St., Tacoma, WA

info@TACID.org

TACID.org