

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



## The Flow Within

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. In this space, we'll practice normalizing all emotions and see what we can do with them without punishing ourselves for feeling. Each week we'll explore one tool that may be helpful. Some of the tools we may explore will be breathing techniques, intuitive movements, sensory tools, and more! Everyone is welcome to this group regardless of the emotions they'd like to work on.



TACID Center

Tuesdays: 11:30am-12:00pm



ONLINE SCHEDULE  
COPY TO YOUR CALENDAR

For more information:

Please contact Da'Nitra at 253-565-5000 Ext. 139 or [DaNitra@tacid.org](mailto:DaNitra@tacid.org)

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