

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



Living in the Balance Peer Support Group

Join our peer group for **adults (18+)** who are navigating life's ups and downs and want a safe, supportive space to land. Together, we share stories, wins, struggles, and explore real-life tools for living well—whatever that looks like for you. You don't have to have it all figured out. There's no one else like you—and honestly, the group wouldn't be the same without you.



 TACID Center Mondays 11:00am – 12:15pm

For more information contact:

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