

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



Stress Less Peer Support Group

Stress Less is a warm and welcoming peer support group for **adults (18+)** who are navigating stress, anxiety, and the everyday challenges life throws our way. Together, we create a supportive space to share experiences, celebrate small wins, and explore real recovery-focused tools that help us feel more grounded and in control. Whether you're looking to build resilience, find new coping strategies, or just need a place to breathe and be heard—you're welcome here.



 TACID Center Tuesdays 1:00 – 2:15pm

For more information contact:

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