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 Associate	**(253) 565-9000 x111**
Information & Referral & Room Reservations	**(253) 565-9000 x124**
Day Program Activities	**(253) 565-9000 x139**
Volunteer Opportunities	**(253) 565-9000 x111**

Need a resource in Pierce County? The Information and Referral Services at TACID 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!

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.

FOLLOW US

TACID Online
www.tacid.org
TACID2020

ONLINE SCHEDULE
COPY TO YOUR CALENDAR

PROMOTING...

WELLNESS

RECOVERY

RESILIENCE

ADA 35 Celebrate July 26, 2025

TACID

EVENTS & ACTIVITIES CALENDAR

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

1st QUARTER 2026

January thru March

Inside this issue:

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.

TACID
Home of Hope & Belonging

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

INATAI FOUNDATION

BULWARK CAPITAL MANAGEMENT

Virginia Mason Franciscan Health™

COMMUNITY HEALTH PLAN of Washington™
The power of community

CPIN COLLABORATIVE PARTNERS INITIATIVE

Pierce County

TACID (253) 565-9000 www.tacid.org

Drop-in Dayroom

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

For more information contact our Day Program Coordinator:
Aazan at aazan@tacid.org, x139

Come Join Us For...

BINGO! ***Every Wednesday & Friday join us for BINGO, 11:00am - 12:00pm!***

MOVIES! ***Every Friday at 12:00pm a different movie will be featured. Come join the fun! Popcorn is available.***

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.

Let's see what's cookin' in the kitchen for February...

IT'S A POTLUCK!

Come join us for food, fun and KARAOKE

Friday, February 13, 2026
(Tentative Date)
11:30am – 2:00pm

A good time awaits you!

Please RSVP at the front desk and let them know what you plan to bring by the end of Monday, 2/9. See you there!

Schedule

Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
Drop-in Dayroom	Monday through Friday	9:30am-3:00pm
Living in the Balance	Mondays	11:00am-12:15pm
Writer's Block	Mondays	1:00pm-2:15pm
Reading Club	Mondays	3:00pm-4:15pm
Chair Yoga	Tuesdays	10:30am-11:30am
Choose Hope for Depression	Tuesdays	11:00am-12:15pm
Sound Bath Meditation	Tuesdays	11:45am-12:30pm
Stress Less	Tuesdays	1:00pm-2:15pm
15-Minute Healing Reiki Check in with Megan for available times.	Tuesdays	1:00pm-3:00pm
RolePlaying Peer Gaming (RPPG)	Tuesdays	3:00pm-4:45pm
BINGO!	Wednesdays	11:00am-12:00pm
Journey through Grief (ZOOM ONLY) **ZOOM ID:** 847 9675 3682	Wednesdays	11:00am-12:15pm
Fun Movement & Sound Circle	1st & 3rd Wednesdays	1:00pm-1:45pm
Artful Expressions	Wednesdays	1:00pm-2:30pm
Madly in Love with ME	Wednesdays	3:00pm-4:15pm
Chair Yoga	Thursdays	10:30am-11:30am
Journey through Grief	Thursdays	11:00am-12:15pm
Sound Bath Meditation	Thursdays	11:45am-12:30pm
Tai Chi	Thursdays	1:00pm-2:00pm
Exploring Perceptions (formerly Voices & Visions)	Thursdays	1:00pm-2:15pm
Intuitive Painting	Thursdays	1:00pm-3:00pm

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TACID (253) 565-9000 www.tacid.org

Schedule
Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
Chronically Strong	Thursdays	3:00pm-4:15pm
Drum & Sound Healing Circle	Thursdays	3:30pm-4:30pm
BINGO!	Fridays	11:00am-12:00pm
Art in Recovery	Fridays	1:00pm-2:30pm
Rainbow Resilience	Fridays	3:00pm-4:15pm
Community Partner Groups	**Day**	**Time**
Low Vision Support Group	Fridays	10:00am-12:00pm
NAMI Pierce Family Support Group	2nd & 4th Thursdays	6:00pm-7:30pm
PC2 Open Arms NEW starting 1/15 (for parents and caregivers)	3rd Thursdays	5:30pm-7:30pm
Pierce County Association of the Blind	3rd Saturdays	10:00am-12:00pm
Sound Mental Health Support Team	Tuesdays	10:00am-12:00pm
Tacoma Amputee Support Group	2nd Tuesdays	5:30pm-7:30pm
Tacoma Brain Injury Support Group	1st Tuesday 3rd Tuesday	5:00pm-7:30pm 6:00pm-7:30pm
Tacoma Deaf Senior Citizens—Association of the Deaf	1st Saturdays	11:00am-3:00pm
Tacoma Social Support Group	Fridays	2:30pm-3:30pm

TACID is Closed on The following Dates:

New Year's Day—Thursday, January 1st

Day After New Year—Friday, January 2nd

Martin Luther King , Jr. Day—Monday, January 19th

Presidents' Day—Monday, February 16th

What's Happening TACID

Take a moment for yourself and embrace a little mindfulness with us! At TACID, we offer a variety of calming activities to help you feel more centered and connected. Join us for ***Chair Yoga*** on Tuesdays from 10:30-11:30am, ***Sound Bath Meditation*** on Tuesdays from 3-4:15pm, and ***Tai Chi*** on Thursdays from 1-2pm. These are just a few ways you can relax, clear your mind, and tune into your body. Check out the other mindfulness groups we have.

Join us for a journey of discovery and conversation at the ***Reading Club***! It's a wonderful space to explore different works and share your thoughts with others. Each week, we dive into a new poem, short story, essay, or excerpt, creating lively discussions and deepening our love for reading. We meet every Monday from 3-4:15pm, and we'd be thrilled to have you with us!

Discover more about yourself and connect with others through our supportive groups at TACID! We offer a variety of enriching experiences, like ***Madly in Love with Me*** on Wednesdays from 3-4:15pm, ***Intuitive Painting*** on Thursdays from 1-3pm, and ***Chronically Strong*** on Thursdays from 3-4:15pm. Plus more groups to explore. We're here for you, and we'd love for you to join us!

For more information about these and other groups at TACID, give us a call at 253-565-9000 or check out our online calendar at www.tacid.org/calendar.