



**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 x121
- Volunteer Opportunities** (253) 565-9000 x111



***Need a resource in Pierce County?***

TACID’s Information & Referral services connect you to essential resources such as healthcare, housing, and food support. Our I&R Specialists provide personalized assistance to help you find what you need. This service is available to everyone in Pierce County—contact us at 253-565-9000 x124 or email [barbara@tacid.org](mailto:barbara@tacid.org).

**Support is just a call or message away!**

**FOLLOW US**

- TACID Online
- [www.tacid.org](http://www.tacid.org)
- TACID2020



ONLINE SCHEDULE  
COPY TO YOUR CALENDAR

*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.*

**PROMOTING...**  
**WELLNESS**  
**RECOVERY**  
**RESILIENCE**



**EVENTS & ACTIVITIES CALENDAR**

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

**2nd QUARTER 2026**  
**April thru June**

**Inside this issue:**

- OUR MISSION .....PAGE 2
- SCHEDULE..... PAGE 3-4
- WHAT’S NEW.....PAGE 5
- DAY ROOM ACTIVITIES .....PAGE 6
- THANK YOU SPONSORS .....PAGE 7
- CONTACT INFORMATION .....PAGE 8



## 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.*



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



# Drop-in Dayroom

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

For more information contact Tawnia at [tawnia@tacid.org](mailto:tawnia@tacid.org), x121.



**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 MIND-BODY GROUPS TO ENJOY!**  
Looking for a fun way to relax? Join us for activities like chair yoga and sound bath meditation designed to give you a boost, spark creativity, and make way for fun Tuesdays & Thursdays every week!

## Potluck & Karaoke

May 22, 2026

11:30am-2:00pm

Let the front desk know what you are bringing to share. Please bring hot meals pre-heated, thank you!



## Schedule

### Peer Support Groups & Activities

Behavioral Health & Wellness	Day	Time
Drop-in Dayroom	Monday through Friday	9:30am-3:00pm
Weird 'n Wonderful <b>NEW GROUP</b> starting April 6th.	Mondays	11:00am-12:15pm
Madly in Love with ME <b>MOVED</b> from Wednesdays starting April 6th.	Mondays	1:00pm-2:15pm
Writer's Block <b>AT A NEW TIME</b> starting April 6th.	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
Artful Expressions	Wednesdays	1:00pm-2:30pm
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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# 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
CARELON PRESENTS: "Crisis System of Care" Town Hall Meeting	Wednesday, April 22nd	5:30pm-6:30pm
NAMI Pierce Family Support Group	2nd & 4th Thursdays	5:30pm-7:30pm
NAMI Pierce County Quarterly Gathering	NEXT MEETING: Thursday, May 7, 2026	5:00pm-7:30pm
PC2 Open Arms Group (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 Group No meeting on Tuesday, April 7th	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 May Meeting will *Tentatively* be on May 4th.	1st Saturdays	11:00am-3:00pm
Tacoma Social Support Group No meeting on Friday, April 3rd	Fridays	2:30pm-3:30pm

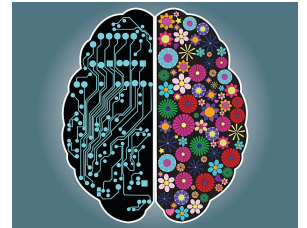
### TACID Closures:

Memorial Day—Monday, May 25th  
Juneteenth—Friday, June 19th



**NEW ON MONDAYS!** Starting April 6th, 11am-12:15pm

**Weird 'n Wonderful** is an interactive peer support group for adults (18+) where silliness, self-expression, and a bit of the unconventional are celebrated. We offer a safe, low pressure space to laugh, explore, and connect through playful activities that support emotional wellness. Come try something new, lift your mood, and embrace your wonderfully weird side—you're welcome here!



### LATEST UPDATES

- ⇒ **Madly in Love with ME** meets on a new day! Moving from Wednesdays beginning April 6th, to Mondays 1-2:15pm.
- ⇒ **Writer's Block** has a new time. Now 3-4:15pm on Mondays beginning April 6th.

### 4-7-8 Breathing

1. Inhale through your nose for a count of 4.
2. Hold for 7.
3. Exhale out your mouth for 8.
4. Repeat as needed.



For more information about groups and activities at TACID, give us a call at 253-565-9000 or check out our online calendar at [www.tacid.org/calendar](http://www.tacid.org/calendar).