RECLAIMING LIFE FROM CHRONIC PAIN

PROGRAMS OFFERED IN KELOWNA

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

The Chronic Pain Self-Management Program is a six-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain.

Participants meet as a group (10 to 16 participants) once per week for 2 ½ hours for 6 consecutive weeks.

The workshop is free to attend but pre-registration is required.

View upcoming workshops: http://www.selfmanagementbc.ca/upcomingworkshops

Register for program: http://www.selfmanagementbc.ca/chronicpainprogram

Call for more information: 1-866-902-3767



MINDFULNESS BASED STRESS REDUCTION (MBSR)

Learn practical ways to reduce symptoms of chronic pain by managing stress, which exacerbates pain, in an evidence-based psychoeducational group program.

Following a free, no obligation orientation session, participants will attend 8-weekly 2 ½ hour classes plus an all-day session between weeks 6 and 8, and commit to a daily home practice to develop the capacity for greater calm and the skills to manage stress.

The cost of the program is \$420.00 (\$400.00 plus \$20.00 GST); payment plans are available.

View upcoming workshops: http://janicesnyder.ca/upcoming-mbsr-classes

Register for program: http://janicesnyder.ca

Call for more information: 250-868-7070

BILL NELEMS PAIN & RESEARCH CENTRE

Multi-session pain education series to provide patients with information and tools to help better manage chronic pain.

As of publication of this guide (July 10, 2019), the program is being revised. In the meantime, past seminar series are available online.

View past sessions online: http://nelemspain.ca/tools.html

View the website: http://nelemspain.ca

Call for more information: 250-860-9754

"Although the world is full of suffering it is also full of overcoming it."

Helen Keller



CHRONIC PAIN RESOURCE GUIDE COMPILED BY
HERGOTT LAW TO ASSIST VICTIMS OF CHRONIC PAIN