

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



HERGOTT LAW

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

PUBLISHED JULY 10, 2019