



## Pain Self-Management Group

### Zoom for Healthcare

2021

#### What is it?

The Pain Self-Management Group is a 10-session interactive group program based on the impact pain has on the whole person (body, mind, and spirit). It builds on concepts introduced by Physiotherapy, Psychology, and Occupational Therapy, and introduces participants to a variety of strategies that can help make positive change possible.

#### Who is it for?

This group can help anyone with long-term pain who is ready to learn non-medicinal ways of managing their pain. You will take an active part in learning strategies to improve your quality of life.

#### When is it?

There are six groups taking place this year, three morning groups and three afternoon groups.

- **Morning group:** Tuesdays and Fridays from 10:00 am- 11:30 pm for 5 weeks.
- **Afternoon group:** Tuesdays and Fridays from 1:30 pm- 3:00 pm for 5 weeks.

#### Where does it take place?

- Online using Zoom for Healthcare.
- Before the group starts, one of our facilitators will meet with you online to ensure you have the equipment needed to participate.

#### How do I sign up?

- Contact us at 902-473-5471 to find out more information.