

# PEOPLE IN PAIN NETWORK (PIPIN)

Accepting - Learning - Thriving

## WHAT WE DO:

Enhance the quality of life for people living with persistent pain through self-management, education and peer support

## ABOUT PIPIN GROUPS:

Our peer led pain self-management education support groups recognize the challenges of living with pain. Our monthly meetings offer a balance between education and support. We aim to provide members with the tools and knowledge to live well with their pain.



**People in Pain Network**

## ATLANTIC PROVINCES GROUPS

### Annapolis Valley

**Where:** WKM Heath Center  
Berwick NS

**When:** 2nd Wednesday of the month

**Time:** 10:30 am- 12pm

**Email:** [AnnapolisValley.NS@pipain.com](mailto:AnnapolisValley.NS@pipain.com)

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### Virtual Pain Support-Connecting Online

**Where:** Online

**When:** 2nd Tuesday of the month 7-8:30 AT

**Email:** [Info@pipain.com](mailto:Info@pipain.com)

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### Atlantic Young Adults (19-30)

**Where:** Online

**When:** 2nd Wednesday of the month 6pm- 7pm AT

**Email:**

[AtlanticYoungAdults@Pipain.com](mailto:AtlanticYoungAdults@Pipain.com)

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For more information check out our website [www.pipain.com](http://www.pipain.com) or contact us at [info@pipain.com](mailto:info@pipain.com)