



Chronic Pain Self-Management Program Now Online!

Workshop Details:

- 2 hours a week for 6 weeks
- Developed and tested by Stanford University
- Led by trained peer leaders virtually through Zoom
- Receive the “Living a Healthy Life with Chronic Pain” resource book
- No referral needed – just sign up!

Topics Covered Include:

- Managing Chronic Pain
- Physical Activity & Healthy Eating
- Medication Management
- Working with your Healthcare Provider(s)
- Action Planning
- Feedback & Problem Solving
- Dealing with Difficult Emotions

Dates: Mondays – January 10th to February 14th, 2022

Time: 6:00 to 8:00 pm

Cost: FREE

***Please note: Pre-registration required – limited space available.**

To register:



Phone: 905-456-7111 ext. 3



Online: <https://cbfht.ca/events-and-workshops/#registration>