

Are you living with chronic pain?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Pain Self-Management Program

Daily challenges of living with any type of chronic pain can be difficult. Take a **free** program that provides skills and gives greater confidence in the ability to manage chronic pain and helps improve your quality of life.



In-Person Workshops

OR

Virtual Workshops



Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Our **Virtual** group workshops are conducted via webcams (max 8 participants). Each option consists of one 2.5 hour session per week for 6 weeks. The “Living a Health Life” resource book is provided.

Self-Study: Tool Kit for Active Living



Participants receive program materials including the “Living a Healthy Life with Chronic Pain” resource book and self-assessment and guide booklet in a one-time mailing. Suitable for those who enjoy **independent** self-paced learning.

Telephone Group: Tool Kit for Active Living + Calls



In this 6-week workshop you receive the materials from the *Tool Kit for Active Living with Chronic Pain* **PLUS participate** in a weekly 45 minute, small group guided call (4-6 participants).

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca



University
of Victoria

Institute on Aging
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British Columbia



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