



FREE WORKSHOP SERIES

# Self-Management

*British Columbia*

Join a free six-session workshop for adults with ongoing physical or mental health conditions.

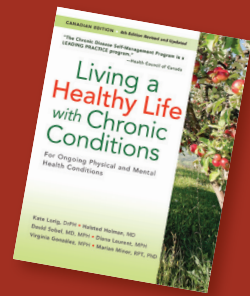
*put life back in your life*

## CONTACT US

### Self-Management Program Facts

- Self-Management Programs were developed and evaluated at Stanford University and have been implemented in 26 countries.
- The Chronic Disease Self-Management Program is supported by the BC Ministry of Health and in May 2012 was named a leading practice program by the Health Council of Canada.
- Participants demonstrate significant improvements in: exercise, cognitive symptom management, communication with health care providers, self-reported general health, health distress, fatigue, disability, and social/role activity limitations.

**FREE RESOURCE BOOK PROVIDED "LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS"**



For more information and to register for Self-Management Programs in your area, or to become a volunteer leader/coach:

**1-866-902-3767 Toll Free**  
**604-940-1273 Lower Mainland**  
**selfmgmt@uvic.ca**  
**www.selfmanagementbc.ca**



Self-Management BC is supported by the Province of British Columbia.



**University of Victoria**

**Institute on Aging & Lifelong Health**

To order additional brochures call: 1-866-902-3767 • Printed April, 2016





# KNOWLEDGE+SKILLS+CONFIDENCE

Self-Management Programs teach participants how to:

- understand and manage their health symptoms,
- make healthier eating choices,
- become more active,
- communicate effectively with health care providers,
- manage difficult emotions, and
- set realistic goals and problem solve.

Our **FREE** Self-Management Programs

- > **Chronic Conditions**
- > **Chronic Pain**
- > **Diabetes**
- > **Thriving and Surviving (Cancer)**
- > **Health Coaching**

Many programs are available in First Nations communities, as well as in Punjabi, Mandarin, and Cantonese speaking communities

## Group Programs

The University of Victoria's Self-Management Programs are free, evidence-based education workshops offered throughout British Columbia for adults experiencing ongoing physical or mental health issues.

Groups of between 10 and 16 people meet 2.5 hours per week for six weeks.

Workshops are facilitated by pairs of trained lay leaders, many living with chronic conditions themselves.

Workshops are designed to enhance regular medical treatment and patient education.



**OVER 30,000 BRITISH COLUMBIANS HAVE TAKEN A SELF-MANAGEMENT PROGRAM**

## The Symptom Cycle

While your condition can cause symptoms like pain, fatigue, depression, etc., it is not the only cause. Each symptom can make the others worse, creating a vicious cycle, unless we learn how to break it.

