

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 the quality of your life.



Three formats to choose from:

Virtual Program



Our virtual interactive program using **web-cams** is offered over six sessions, 2.5 hours per week for 6 weeks as a small group (6-8 persons) with leaders and using the resource book provided.

Self-Study: Tool Kit for Active Living



You receive resource materials including the “Living a Healthy Life” resource book, 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 our 6 week program you receive the materials from the *Tool Kit for Active Living with Chronic Pain* **PLUS** participate in a weekly 30-45 minute, small group (3-5 persons) guided call.

Contact Self-Management BC

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