

# Self-Management

British Columbia



## KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

### **FREE** Six-Session Workshops for Adults with Any Ongoing Physical or Mental Health Conditions

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

**Family Members and Friends Welcome**

**REGISTRATION REQUIRED**

#### *Interested in Becoming a Volunteer Program Leader?*

Chronic Conditions Leader Training

GF Strong Rehabilitation Centre

4255 Laurel Street, Vancouver

June 1, 2, 8, 9, 2019; 9:30am to 4:00 pm

**Apply online at:**

[www.selfmanagementbc.ca/applicationform](http://www.selfmanagementbc.ca/applicationform)

## SELF-MANAGEMENT WORKSHOPS VANCOUVER COASTAL

### *Chronic Pain*

St. Paul's Hospital, Providence Bldg,  
Level 1, Conf. Room 3

1081 Burrard Street, Vancouver

Tuesdays, May 7 to June 11, 2019

1:15pm to 3:45pm

BC Women's Hospital & Health Centre,  
Bldg Lobby (Entrance #77)

4500 Oak Street, Vancouver

Thursdays, May 9 to June 13, 2019

6:00pm to 8:30pm

### *Chronic Conditions*

GF Strong Rehabilitation Centre

4255 Laurel Street, Vancouver

Thursdays, May 9 to June 13, 2019

6:00pm to 8:30pm

### **HealthConnection Clinic**

148 East 15th Street, North Vancouver

Tuesdays, May 14 to June 18, 2019

1:30pm to 4:00pm

### **City Centre Community Centre**

Meeting Room #1

105-5900 Minoru Boulevard, Richmond

Wednesdays, May 22 to June 26, 2019

1:30pm to 4:00pm

### *Diabetes*

Renfrew Park Community Centre

2929 East 22nd Avenue, Vancouver

Tuesdays, May 7 to June 11, 2019

6:00pm to 8:30pm

### *Cancer: Thriving & Surviving*

Minoru Place Activity Centre

7660 Minoru Gate, Richmond

Fridays, May 24 to June 28, 2019

10:00am to 12:30pm

**To register or for further information:**

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

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 @SMPatUVic



University  
of Victoria

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& Lifelong Health



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