

KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain
Family Members and Friends Welcome

DATES/TIME: September 8, 2026 to October 13, 2026

Tuesdays, 9:30 a.m. to 12:00 p.m.

***Registrants/Interested Persons are encouraged to attend a 45 min presentation on Tuesday August 11th @ 11:00 a.m.**

LOCATION: Ladner United Church
4960 48th Avenue, Ladner BC

TO REGISTER: Call 604-940-1273 - Email selfmgmt@uvic.ca
www.selfmanagementbc.ca

Connect with us:  [@SelfManagementBC](https://www.facebook.com/SelfManagementBC)  [@SMPatUVic](https://twitter.com/SMPatUVic)

Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



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CHURCH



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Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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