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 Virtual Workshop for Adults with Any Kind of Ongoing Pain

Workshop offered using Zoom® —link provided after registration

Dates: February 18, 2027 to March 25, 2027

Days and times: Thursdays, 1:00 p.m. to 3:30 p.m.

To Register:

Call: 604-940-1273 or Toll Free: 1-866-902-3767

Email: selfmgmt@uvic.ca

Online: selfmanagementbc.ca

Connect with us: @SelfManagementBC @SMPatUVic

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Self-Management British Columbia

British Columbia

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