

Knowledge, Skills & Confidence
You CAN live a healthy life with Chronic Pain

Chronic Pain Self-Management Program
Looking for Volunteer Program Leaders

The University of Victoria – Centre on Aging is currently looking for persons to co-lead the Chronic Pain Self-Management Program (CPSMP). The CPSMP is a *FREE*, volunteer-led patient education program for people living with chronic pain. If you are interested in developing group facilitation skills to share strategies for healthier living and supporting others in your community, then this free workshop may be for you.

The 2-Day Leader Cross Training Workshop will be held at

GF Strong Rehabilitation Centre
4255 Laurel Street, Vancouver

May 7th and 8th, 2016 from 9:30 am to 4:00 pm

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

Registration Required. For more information contact

Karen Hannah, Coordinator (604)940-3568 – klhannah@uvic.ca

CALL TOLL-FREE 1-866-902-3767 - www.selfmanagementbc.ca



**University
of Victoria**

Centre
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Self-Management
British Columbia