

# Virtual Chronic Pain Group

Free group education for people living with chronic pain

## Why should I participate in this group?

- To improve your understanding of the causes of chronic pain.
- To improve your understanding of how thoughts, feelings and behaviours are connected to the pain experience.
- To learn new skills to improve your sense of control over your pain and to minimize the impact of pain on your life.
- To connect with and learn from others who live with chronic pain.

## Is this group right for me?

- I've lived with pain for more than 3 months
- Pain is impacting my life in negative ways
- I want to learn new ways to manage my pain
- I'm comfortable in a group setting and able to participate **virtually**
- I'm feeling mentally and emotionally able to participate in this group

If you answered **yes** to all of these questions, then this group is right for you!

### UPCOMING DATES:

**When:** Tuesdays: Jan. 26 to Mar. 9, 2021

**Time:** 10:30am to 12:00pm

**Where:** Virtual – details coming soon!

*Please note you must attend the first session to continue in the series*

**SPACE IS LIMITED**

**CALL TODAY TO  
RESERVE YOUR SPOT:**

**204-940-7452**

Visit the Health Management Group Program Guide for alternate dates:

<https://wrha.mb.ca/groups/chronic-pain-self-management/>