



UHNBC Regional Pain Clinic Educational and Group Programs



#HealthyNorth

northernhealth.ca



Gentle Movement

- In person or virtual Session
- Held over a span of 8 weeks, sessions are once a week led by a trained facilitator
- Sessions are about 60 minutes long
- To begin moving your body again in gentle ways to help manage pain
- To learn strategies around moving your body as bodies are made to move

Making Sense of Pain

Offered virtually & in-person in the future

- Held over a span of 10–12 weeks and led by a trained facilitator
- It is a self management program designed for people with chronic pain
- Participants have the opportunity to learn about:



Pain



The various factors that make pain worse



Simple strategies that can help participants better manage pain in everyday life

Making Peace with Sleep

A four-week virtual education group:

- To learn about the connection between sleep and persistent pain
- To learn how cognitive behavioral therapy can increase your restorative sleep despite chronic pain
- Join us to improve sleep quality and quantity!

Hydrotherapy

- In person at the pool at UHNBC
- Held over a span of 8 weeks, sessions are once a week led by a trained facilitator
- Sessions are about 60 minutes long
- To try moving your body in a different environment – working in the water can reduce pain and allow you to move more freely



Scan here for more information on self-management



TO REGISTER OR TO LEARN MORE:

Return this portion of the pamphlet to the Pain Clinic

Or

Call the Pain Clinic **250.565.2139**

I am interested in learning more about the following courses:

Making Sense of Pain

Making Peace with Sleep

Gentle Movement

Hydrotherapy

Name: _____

Phone: _____

