

# Are you living with chronic pain?

## GAIN KNOWLEDGE+SKILLS+CONFIDENCE

### Chronic Pain Self-Management Program

Daily challenges of living with any type of chronic pain can be difficult.

Take a **free** program that provides skills and gives greater confidence in the ability to manage chronic pain and helps improve your quality of life



**Three formats to choose from:**



#### In-Person Workshops

Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Offered over six sessions, 2.5 hours per week for 6 weeks. The “*Living a Healthy Life*” resource book is provided.



#### Virtual Workshops

Our **Virtual** group workshops are conducted via webcams, and are offered over six sessions, 2.5 hours per week for 6 weeks (max 8 participants). The “*Living a Healthy Life*” resource book is provided.



#### Self-Study: Tool Kit for Active Living

Participants receive a one-time mailing of program materials that include the “*Living a Healthy Life with Chronic Pain*” resource book and self-assessment booklet. Suitable for those who enjoy **independent** self-paced learning.

#### Contact Self-Management BC

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