



PAIN BC™
PAIN SUPPORT &
WELLNESS GROUPS

If you're living with pain, you're not alone.

Pain Support & Wellness Groups bring together people living with pain in a safe, welcoming and confidential online space to support each other while learning new pain management skills. Groups are free to attend for British Columbians with pain.

You will:

- Gain confidence and hope
- Build supportive relationships with people also living with pain
- Learn new strategies for managing pain
- Take part in gentle movement exercises to improve comfort and function

**Participation
is free.**

Find out more or register
for an online group at
www.painbc.ca/supportgroups




Pain BC's Pain Support & Wellness Groups meet on the second and fourth Tuesday of each month via Zoom videoconference or by dialing in from a telephone. The groups are free to attend for all British Columbians with persistent pain who are 19 years or older.

All groups are now online.

For more information or to register for a group, visit
www.painbc.ca/supportgroups

Pain BC is a registered charity dedicated to enhancing the well-being of all people living with pain through empowerment, care, education and innovation.

Questions?

-  supportgroups@painbc.ca
-  Toll-free at 1-844-430-0818
-  www.painbc.ca/supportgroups