PAIN BC™
PAIN SUPPORT &
WELLNESS GROUPS

PSWG Program & Volunteer Description:

The Pain Support & Wellness Groups program offer an opportunity for people living with persistent pain to meet regularly online and build a community of support while learning about pain, pain management and coping strategies. The Pain Support & Wellness Groups program depends on our volunteer peer facilitators to continue supporting multiple communities across British Columbia living with chronic pain.

The PSWG sessions are currently held twice per month virtually over Zoom. We hold a morning session the second Tuesday of every month (11:00am-1:00pm) and an evening session on the fourth Tuesday of every month (6:00pm-8:00pm). Groups may have up to 15 participants and are facilitated by 1-3 facilitators per session.

Minimum Time Commitment:
-   Attendance at interview (30 minutes)
-   7 hours monthly for sessions (2 hours x 2 sessions per month, 1 hour per session for set-up/end of session, and monthly one-hour debrief with program lead
-   Minimum 1 year commitment to program
-   Attendance at a majority of provincial debriefs and volunteer meetings (approx. 6 per year, 1 hour per session)

Training Time Commitment:
-   Completion of 40+ hours of training, including self-directed online learning and live zoom learning sessions before beginning as a facilitator

Minimum Requirements/Qualifications:
-   Understanding of the impact/dynamics of chronic pain on well-being or personal experience of chronic pain, including successfully using self-management strategies to return to function.
-   Personal lived experience with chronic pain (past or current)
-   Reliability, non-judgemental attitude, openness to learn, share, and receive feedback, and commitment to supporting individuals and families from all backgrounds and cultures achieve better health outcomes.
-   Ability to recognize the need for support and direction
-   Proficiency speaking and writing English. Second language is an asset.
-   Computer competence, access to secure email, access to private phone line or personal video conferencing (e.g. FaceTime, Skype, Zoom)