



**PAIN BC™**

**COACHING FOR HEALTH**

Get one-on-one support from  
someone who understands  
living with pain



Coaching for Health is a free telephone/video conferencing coaching program to help people living with pain learn self-management skills, regain function and improve well-being

**[www.painbc.ca/coaching](http://www.painbc.ca/coaching)**

**1-844-430-0818**



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## Program Eligibility:

- 18+ years old
- Live in BC
- Living with persistent pain for more than three months
- Pain is interfering in daily function
- Wanting to make change and looking for support

## Referral

Coaching for Health accepts referrals from all licensed health professionals, including physicians, occupational therapists, physiotherapists, and mental health professionals, among others.

Health care providers can complete our referral form at **[www.painbc.ca/coaching](http://www.painbc.ca/coaching)** and fax it to **(888) 329-5702**. Clients will be contacted by email within 3 business days of the referral.

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

Funding for this program is provided by the Government of B.C. and the Hamber Foundation.

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Press 1, then press 2

