



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 led by trained peer facilitators, and are free to attend for people with pain living in BC.

You will:

- Gain confidence and hope
- Build supportive relationships with people also living with pain
- Learn new strategies for managing pain

**Participation
is free.**

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

We offer regional Pain Support and Wellness Groups to allow participants to form networks with people in their local communities, as well as groups specifically for young adults (18-35 years old), people who identify as Black, Indigenous, or People of Colour (BIPOC), or LGBTQ2S.

All groups are 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
Press 1, then press 3
- 🏠 www.painbc.ca/supportgroups



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