

Self-Management

British Columbia



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

FREE Six-Session Workshops for Adults with Any Ongoing Health Conditions

- ✓ Learn techniques to better manage your health
- ✓ Set goals and problem solve
- ✓ Communicate more effectively with your family, friends, and health care team
- ✓ Deal with stress and difficult emotions
- ✓ Take action and live a healthier life

Family Members and Friends Welcome

REGISTRATION REQUIRED

ALSO AVAILABLE:

SELF-MANAGEMENT HEALTH COACH PROGRAM

FREE one-on-one phone support will help you get the most out of life!

Call 1-866-902-3767 or visit our website for more info:

<https://www.selfmanagementbc.ca/healthcoachprogram>

SELF-MANAGEMENT WORKSHOPS

Virtual ZOOM®

Chronic Pain:

Wednesdays, Feb 2-Mar 9, 4:00-6:30pm

Tuesdays, Feb 15-Mar 22, 1:00-3:30pm

Tuesdays, Mar 1-Apr 5, 1:00-3:30pm

Chronic Conditions:

Wednesdays, Jan 19-Feb 23, 10am-12:30

Wednesdays, Jan 26-Mar 2, 1:30-4pm

Thursdays, Jan 27-Mar 3, 1:00-3:30pm

Mondays, Jan 31-Mar 14, 4:00-6:30pm

Diabetes:

Tuesdays, Feb 8-Mar 15, 1:30-4pm

Thursdays, Feb 17-Mar 24, 1:00-3:30pm

Tuesdays, Feb 22-Mar 29, 1:00-3:30pm

Cancer: Thriving & Surviving:

Mondays, Jan 24-Mar 7, 9:30am-12pm

Thursdays, Feb 24-Mar 31, 1:30-4:00pm

Thursdays, Mar 31-May 5, 12:30-3pm

Tool Kit + Calls

Chronic Pain:

Wednesdays, Feb 2-Mar 9, 6:30-7:30pm

Thursdays, Feb 3-Mar 10, 9:30-10:30am

Wednesdays, Mar 9-Apr 13, 1:30-2:15pm

Chronic Conditions:

Mondays, Jan 31-Mar 7, 10:00-11:00am

Wednesdays, Feb 2-Mar 9, 1:00-2:00pm

Mondays, Feb 7-Mar 21, 1:30-2:15pm

Diabetes:

Tuesdays, Feb 22-Mar 29, 1:30-2:15pm

Mondays, Feb 28-Apr 4, 3:30-4:15pm

Thursdays, Mar 17-Apr 21, 5:00-6:00pm

To register or for further information:

www.selfmanagementbc.ca

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca



University of Victoria

Institute on Aging & Lifelong Health



BRITISH COLUMBIA

Connect with us:



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@SMPatUVic