

# 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 email [smhcoach@uvic.ca](mailto:smhcoach@uvic.ca)  
for more information



University  
of Victoria

Institute on Aging  
& Lifelong Health



BRITISH  
COLUMBIA

### IN-PERSON WORKSHOPS

#### **Chronic Conditions**

Roundhouse Community Arts & Rec Centre  
181 Roundhouse Mews, Vancouver BC  
Thursdays, Jan 12-Feb 16, 6pm-8:30pm

#### **Chronic Pain**

Roundhouse Community Arts & Rec Centre  
181 Roundhouse Mews, Vancouver BC  
Saturdays, Feb 18-Mar 25, 10am-12:30pm

### VIRTUAL WORKSHOPS

#### **Chronic Conditions**

Thursdays, Jan 12-Feb 16, 10am-12:30pm  
Thursdays, Jan 26-Mar 2, 6pm-8:30pm

#### **Chronic Pain**

Wednesdays, Feb 15-Mar 22, 6pm-8:30pm

#### **Diabetes**

Tuesdays, Feb 7-Mar 14, 5pm-7:30pm

#### **Cancer: Thriving & Surviving**

Wednesdays, Feb 15-Mar 22, 10am-12:30pm  
Tuesdays, Feb 21-Mar 28, 9:30am-12pm

### TELEPHONE WORKSHOPS

#### **Chronic Conditions**

Mondays, Jan 16-Feb 20, 1pm-2pm

#### **Chronic Pain**

Mondays, Jan 16-Feb 20, 10am-11am

#### **Diabetes**

Wednesdays, Feb 1-Mar 8, 4pm-5pm

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

[selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

Connect with us:



@SelfManagementBC

@SMPatUVic