

KNOWLEDGE + SKILLS + CONFIDENCE

Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain

Family Members and Friends Welcome

DATES/TIME: October 9, 2026 to November 27, 2026

Fridays, 9:30am to 12:00pm
(no sessions Oct 23 or Nov 20)

LOCATION:

Barclay Manor
1447 Barclay Street, Vancouver BC

TO REGISTER:

Via Barclay Manor:

Call 604-669-5051 or Email zeinab@wesn.ca

Via SMBC: Call 604-940-1273

Or Email selfmgmt@uvic.ca

Web: www.selfmanagementbc.ca



Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!



**University
of Victoria**

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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Self-Management BC is supported by the Province of British Columbia