

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 15, 2026 to November 19, 2026

Thursdays, 10:00am to 12:30pm

LOCATION: Chilliwack & FH Rural Primary Care Centre
#104 - 7955 Evans Rd, Chilliwack BC

TO REGISTER: Call 1-866-902-3767 - Email selfmgmt@uvic.ca
www.selfmanagementbc.ca

Connect with us:  [@SelfManagementBC](https://www.facebook.com/SelfManagementBC)

 [@SMPatUVic](https://twitter.com/SMPatUVic)



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