

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 19, 2026 to November 23, 2026
Mondays, 10:00am to 12:30pm

LOCATION: Kerrisdale Community Centre
5851 West Boulevard, Vancouver BC



TO REGISTER: Contact SMBC: 604-940-1273 or selfmgmt@uvic.ca
Or via our website at www.selfmanagementbc.ca
Or, via Vancouver Parks & Rec website– workshop #629943
<https://vancouver.ca/parks-recreation-culture/recreational-lessons-and-classes.aspx>

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!



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