

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 Virtual Workshop for Adults with Any Kind of Ongoing Pain

Workshop offered using Zoom® —link provided after registration

Dates:

October 6, 2026 to November 10, 2026

Days and times:

Tuesdays, 1:00 p.m. to 3:30 p.m.

To Register:

Call: **604-940-1273** or Toll Free: **1-866-902-3767**

Email: **selfmgmt@uvic.ca**

Online: **selfmanagementbc.ca**



Connect with us:



@SelfManagementBC



@SMPatUVic



University
of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



BRITISH
COLUMBIA