

Chronic Pain Self-Management Program Workshops

The Chronic Pain Self-Management Program is a six-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. Participants can self-refer.

Registration is required.

Contact University of Victoria Centre on Aging at 1-866-902-3767 or
By email to selfmgmt@uvic.ca to register
or for more information.

Time: 1:00 pm-3:30 pm

Fee: no cost

Start Date: November 5, 2015 (6 Sessions)

Location: 32444 Seventh Avenue, Mission

Chronic Pain Self-Management Program Leader Training

Self-management programs are led by peer leaders, many living with chronic conditions themselves.

Adults 19 years and older who are interested in supporting people with chronic conditions may apply to be a leader. Trainings are interactive and fun, and are provided at no cost.

Registration is required.

Contact University of Victoria Centre on Aging at 1-866-902-3767

Or visit: www.selfmanagementbc.ca/

Fee: no cost

Date: Please contact Office

Location: 32444 Seventh Avenue, Mission



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The University of Victoria – Centre on Aging is a multidisciplinary research centre to advance knowledge in the field of aging based on the twin standards of scientific rigor and applied relevance. The overall goals are to contribute to improving the health and quality of life.