

MyCarePath.ca is designed to help.

### FOR PARENTS

If you have a child in pain, MyCarePath can support you to help your child cope better. Access tips and resources, as well as information on how to help your child best use MyCarePath.

### FOR TEACHERS AND SCHOOLS

MyCarePath helps teachers effectively support students living with pain to return to school. It includes suggestions on how to help students through academic and physical education accommodations, information on how pain affects children and teens, and more.

If you're in pain, you're not alone.

There is hope. There is help.

You can move towards wellness.

Add MyCarePath to your toolkit to help you get control of your pain.



LEARN. PLAN. TAKE CHARGE OF YOUR PAIN.

Are you a teen in chronic pain?  
Then MyCarePath.ca is for you.

MyCarePath was created by BC Children's Hospital, the UBC Department of Pediatrics, and Pain BC.

MyCarePath is a free, safe online tool designed to help you learn about chronic pain and take action to live better.



[mycarepath.ca](http://mycarepath.ca)



MyCarePath.ca is a free online tool designed for kids and teens aged 12-17 living with chronic pain.

On mycarepath.ca, you'll find



helpful videos on what chronic pain is and how to make sense of it.



easy-to-use goal setting tools for better pain management.



ideas for things you can do right now to feel more positive and in control.



information about different treatment approaches.



resources and support for parents and teachers.



and much more!

Visit [mycarepath.ca](http://mycarepath.ca) today to learn, plan, and take charge of your pain.

## Getting started with MyCarePath is easy!

Go online anytime, anywhere to find the right information and tools to help you return to school, spend time with your friends, and get back to doing the things you love.

Sign up for a free account to make sure you can access all the features of MyCarePath:

1. Go to [MyCarePath.ca](http://MyCarePath.ca)
2. Click Sign Up
3. Choose your username
4. Choose your password
5. Start exploring!

### QUESTIONS?

Get in touch at  
[info@painbc.ca](mailto:info@painbc.ca)

Getting the right information and taking action early on can help start you on the path to relief and recovery.

### UNDERSTAND YOUR PAIN

Gain control of your life by understanding how chronic pain happens, why it happens, and what you can do about it.

### MANAGE PAIN BETTER

Learn about approaches to treating chronic pain, including the importance of moving, relaxation, and options beyond medication.

### TRY NEW STRATEGIES

Learn how to shift your thoughts and beliefs about your situation, become physically active, get proper sleep, return to schooling, and reconnect with friends.

