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## ***Introduction***

In response to Pain Canada's National Advisory Committee recommendation, Pain Canada's Supported Self-Management (SSM) Advisory group was developed in September 2025. The purpose of this group is to identify gaps and opportunities in self-management resources and programming across Canada to improve service delivery for people who live with pain.

The purpose of this document is to 'map' free self-management supports available in Canada, in order to identify gaps and ensure that future programs build on what is already accessible and working well.

Please note: This is a living document that will be updated over time, and it has been co-created from the start with people who live with chronic pain.

## ***What is supported self-management?***

Supported self-management refers to building the skills, knowledge, community, and confidence to live well with chronic pain.

There are numerous ways to self-manage pain. Utilizing a bio-psycho-social-spiritual approach of supported self-management is the backbone of an evidence-based approach to managing chronic pain.

## ***The Biopsychosocial-Spiritual model***





Pain is a complex phenomenon that involves multiple systems in the body and parts of the brain. It also involves (and in turn, influences) how we think and feel, and our role in society and the community.

Because of pain's complex, multi-faceted nature, it's critical to address the psychosocial elements of pain as well as the biomedical. When engaging with self-management resources, it is important to consider how they can impact the biological, psychological, social and spiritual components of your life and well-being.

The table below lists self-management approaches, categorized with a patient-centered lens, that align with the principles of stepped care. These categories reflect patient-centered self-management programs and literature on self-management categorization.

<b>Category</b>	<b>Description</b>
Self-directed and interactive learning	Virtual or in-person workshops, webinars, courses, and informational resources to learn more about chronic pain and pain management strategies. This includes both self-directed and interactive learning to build strategies to strengthen skills and confidence to manage pain.
Group support	Virtual or in-person group sessions with other individuals living with pain, led by a trained facilitator who may be a person with lived experience with pain. It can be lonely living with chronic pain. Connecting with others who live with pain helps people feel seen, heard, and understood.
One-on-one support	Virtual or in-person support that could be peer- or professional- guided psychotherapies, coaching, and helpline supports to access resources and information for pain-specific conditions. This is a helpful option for individuals who don't feel comfortable sharing in a group, or need high-touch support and/or navigation.

**LEGEND:**

-  Hybrid program
-  In-person program
-  Online program
-  Available in French

## **National**

### **SELF-DIRECTED AND INTERACTIVE LEARNING**



**AQDC - Agir pour moi** | [gerermadouleur.ca/agir-pour-moi](http://gerermadouleur.ca/agir-pour-moi) 

Un programme d'autogestion de la douleur chronique conçu pour être suivi sans le soutien d'un professionnel de la santé. Réparties sur huit semaines, les leçons proposées portent sur différentes stratégies qui permettent de mieux gérer la douleur au quotidien. Chaque fois que vous vous connectez, notez la leçon à laquelle vous êtes rendu pour y revenir plus facilement la fois suivante.



**Dr. Andrea Furlan - About Pain** | [doctorandreafulan.com/aboutpain](http://doctorandreafulan.com/aboutpain)

A library of resources to learn about pain, treatments, and self-management strategies.



**Gérer ma douleur: répertoire de ressources pour les patients** FR

[gerermadouleur.ca/repertoire-de-ressources](http://gerermadouleur.ca/repertoire-de-ressources)

Ce portail vise au développement de ressources pour les patients.es, les proches aidants et les professionnels de la santé et des services sociaux. Le mandat est de fournir des ressources éducatives afin de regrouper en un seul endroit les connaissances nécessaires à une amélioration de la gestion de la douleur. Ressources ont été organisées en catégories selon le type de ressource, d'utilisateur, de connaissance recherchée et du domaine d'intérêt.



**MyCarePath** | [mycarepath.ca](http://mycarepath.ca)

An introductory online resource for adolescents with pain developed through a collaboration between Pain BC, UBC, and BC Children's Hospital, MyCarePath offers strategies to move toward recovery. Strategies include learning how to shift thoughts, engaging in physical activity, ensuring proper sleep, and making small, positive changes. LivePlanBe and LivePlanBe+ are recommended follow-up resources to this introductory program.



**National Pain Rounds** | [canadianpainsociety.ca/archive](http://canadianpainsociety.ca/archive)

A discussion between scientists, health professionals, educators, and pain advocates on a myriad of topics related to chronic pain takes place on the last Friday of every month, with the video archive of previous talks provided online.



**Pain BC - LivePlanBe** | [liveplanbe.ca](http://liveplanbe.ca)

A library of evidence-based resources for people living with pain including videos, text-based articles, audio files and webinars.



**Pain BC - LivePlanBe+** | [liveplanbeplus.ca](http://liveplanbeplus.ca) FR

An online, interactive program that offers education on pain and self-management, helping people make small changes that add up to big improvements in their well-being.



**Pain Canada - Empowered Relief® - Train your brain away from pain** FR

[paincanada.ca/resources/empowered-relief](http://paincanada.ca/resources/empowered-relief)

Developed by pain psychologists at Stanford University, Empowered Relief® is a free, two-hour online program that teaches essential pain-management skills, delivered by Pain Canada's Empowered Relief®-certified clinicians. Learn about pain, gain pain relief skills you can use right away, and create a personal plan for pain relief. Participants also receive a free binaural relaxation audio file.



**Pain Canada - Managing pain before and after surgery** | [paincanada.ca/course/managing](http://paincanada.ca/course/managing)

A free, self-paced online program designed to help people undergoing surgery and their families effectively manage pain and reduce post-surgery complications. Research shows that understanding pain management before surgery helps set realistic expectations, promotes safe use of prescribed medications, and enhances overall well-being and comfort.



### **Pain Canada - Putting the Pieces Together Conference** FR

[paincanada.ca/events/putting-the-pieces-together](https://paincanada.ca/events/putting-the-pieces-together)

Putting the Pieces Together (PTPT) is an annual free, virtual conference for and by people with pain, during National Pain Awareness Week. Conference session recordings are available to watch online, including topics like “Overcoming isolation through the power of human connection,” “Neurodiversity and pain” and “Pain hacks: Your practical toolkit.”



### **Power Over Pain Portal** | [poweroverpain.ca](https://poweroverpain.ca) FR

An online resource portal with tailored care paths for adults and youth, the Power Over Pain Portal offers access to tailored pain education, peer support resources, online workshops, pain management courses, and wellness assessments.



### **Reign of Pain** | [coursera.org/learn/reign-of-pain](https://coursera.org/learn/reign-of-pain)

A seven-module online course led by Dr. Howard Schubiner at Michigan State University designed to provide valuable insights and practical knowledge on chronic pain. Topics include exploring the brain’s role in pain perception and resources to better understand chronic conditions. The course is available for free as “Audit Only”, however there is a fee to obtain a certificate.



### **Toronto Academic Pain Medicine Institute (TAPMI)**

[tapmipain.ca/patient/managing-my-pain/pain-u-online](https://tapmipain.ca/patient/managing-my-pain/pain-u-online)

TAPMI offers pain-specific online learning modules on a range of topics such as mood and anxiety, pacing and physical activity, medical management, communication, types of chronic pain, and alternate therapies.

## GROUP SUPPORT



### **Association québécoise de la douleur chronique (AQDC) – Groupes d’entraide / Self-help groups**

| [douleurquebec.ca/nos-services/groupe-dentraide](https://douleurquebec.ca/nos-services/groupe-dentraide) FR

AQDC propose des groupes d'entraide virtuels et en personne afin que les personnes vivant avec des douleurs chroniques disposent d'un espace pour s'exprimer et partager avec d'autres qui rencontrent des défis similaires. Les réunions sont programmées le jour et en soirée, chaque séance durant de un à deux heures. Les groupes sont proposés en français et en anglais.



[douleurquebec.ca/en/our-services/self-help-groups](https://douleurquebec.ca/en/our-services/self-help-groups)

AQDC offers virtual and in-person self-help groups so that people who live with chronic pain have a space of their own to express themselves and share with others who experience similar challenges. Meetings are scheduled in the day and evening, with each session lasting one to two hours. Groups are offered in both French and English.



### **People in Pain Network (PIPIN)** | [pipain.com/manage.html](https://pipain.com/manage.html)

PIPIN offers high-impact community support led by formally trained peer facilitators. Using a library of 31 evidence-based education modules, facilitators deliver reliable, high-quality content tailored to group needs. The program fosters connection, practical insights from lived experience, and learning about pain and self-management, with a strong focus on skills, support, and education

- Young Adults in Pain: If you are between the ages of 19 and 35, join the online young adults Self-Management Education and Support Group. Meetings are held on the first Tuesday of the month from 6:00 – 7:00PM ET.
- Sit and Chat is held on the first Monday of the month from 6:00 – 7:00PM ET.
- Virtual Pain Support - Connecting Online: A balance between education and support. Morning meetings are held on the third Thursday of the month from 9:00 – 10:30AM ET. Evening meetings are held on the second Tuesday of the month from 6:00 – 7:30PM ET and the fourth Monday of the month from 5:30 – 7:00PM ET.

## **Alberta**

### **SELF-DIRECTED AND INTERACTIVE LEARNING**



#### **Calgary Chronic Pain Centre**

[cumming.ucalgary.ca/centres/anesthesiology/chronic-pain-centre](http://cumming.ucalgary.ca/centres/anesthesiology/chronic-pain-centre)

The Calgary Pain Program educates and empowers people with chronic pain to achieve mental and physical wellbeing. Using the Alberta Health Services' core values – compassion, accountability, respect, excellence and safety – as a guide, we employ evidence-informed therapies and a collaborative approach, in partnership with patients and their family physicians, to improve their function and quality of life.

### **GROUP SUPPORT**




#### **Alberta Virtual Pain Program (AVPP)**

[albertahealthservices.ca/findhealth/service.aspx?source=mha&id=1085140&facilityid=1011654](http://albertahealthservices.ca/findhealth/service.aspx?source=mha&id=1085140&facilityid=1011654)


A free, virtual education treatment program for people living in Alberta and experiencing chronic persistent pain for three months or longer. Co-designed with patients and providers, this new, innovative program offers:


- A group-based six-week online group program with two, one-hour Zoom sessions each week. One session is led by trained healthcare professionals and focuses on one to two topic areas, with time for Q/A, activities, and take-home practices. The second session is led by a trained Peer Support Worker and focuses on group discussion, practicing skills, and building connection with others. After the program, participants continue to receive regular peer support for up to one year.
- A self-directed module-based online treatment program (self-led education and self-management program)
- Virtual workshops focused on specific topics areas in pain management and drop-in peer support sessions, all available online over Zoom

AVPP can be accessed by calling 1-877-719-7707. No referral or formal diagnosis of chronic pain is required to start with the program.

 **Better Choices, Better Health®** | [albertahealthservices.ca/services/bcbh.aspx](https://albertahealthservices.ca/services/bcbh.aspx)  
Living with a long-term (chronic) health condition can be hard. Better Choices, Better Health® is a free group workshop for adults who live with or support someone with a chronic health condition. Choose between one of two workshops:

- Better Choices, Better Health® - Chronic Disease: for those with conditions like diabetes, high blood pressure, obesity, arthritis, gastrointestinal (GI), depression, long COVID-19 and others.
- Better Choices, Better Health® - Chronic Pain: for those with conditions like fibromyalgia, complex regional pain syndrome, persistent pain, migraines, arthritis and others.

 **Making Sense of Pain (MSOP)**  
This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. Sites offering MSOP in 2025/2026 include Chinese Christian Mission – Calgary Centre (Calgary, online, Cantonese).

 **Lending Emotional and Pain Support (LEAPS)**  
[facebook.com/CalgaryPainSupportLEAPS](https://facebook.com/CalgaryPainSupportLEAPS)  
LEAPS is a peer-led open support group for people living with chronic pain. It meets bi-weekly via Zoom to discuss and practice techniques learned through the Calgary Pain Program. LEAPS is supported by the Calgary Pain Program although runs separately and is open to anyone. People who are interested can email [leapscalgary@gmail.com](mailto:leapscalgary@gmail.com) to find out more.

## **British Columbia**

### **SELF-DIRECTED AND INTERACTIVE LEARNING**


 **Self-Management BC – Chronic Pain Tool Kit for Active Living**  
[selfmanagementbc.ca/signuptoolkits](https://selfmanagementbc.ca/signuptoolkits)

This program provides people living with pain with resource materials, including a book, self-assessment and guide booklet in a one-time mailing for self-guided learning.


 **Vancouver Coastal Health - Pain Management for Arthritis**  
[vch.ca/en/pain-management-arthritis](https://vch.ca/en/pain-management-arthritis)


Handouts and videos on pain management strategies, managing pain with medications, safe use of medical cannabis, pain management for hands, pain scale and pain diary, and sleep and stress.


### **GROUP SUPPORT**


 **Pain BC - Making Sense of Pain (MSOP)**  
[painbc.ca/find-help/support-programs/making-sense-of-pain](https://painbc.ca/find-help/support-programs/making-sense-of-pain)  
This trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. The program has been tailored for Indigenous communities, LGBTQ2S adults, gender-diverse youth, as well as Arabic-, Chinese- and Punjabi-speaking communities. It is currently offered online province-wide by Pain BC. Other sites offering MSOP

in 2025/2026 include Vernon Health Centre (Vernon, in person), Pacific Northwest Division of Family Practice (northwestern BC, online), Comox Valley Nursing Centre (Comox, in person and online), Moving Forward Family Services (Surrey, online), Steps Services (Vancouver, in person), Rutland Community Clinic (Kelowna, in person, English, Punjabi and for Indigenous people).


 **Pain BC - Pain Support & Wellness Groups** | [painbc.ca/supportgroups](https://painbc.ca/supportgroups)  
These groups provide people living with pain an opportunity to meet regularly online and build a community of support while learning about pain, pain management and coping strategies. Trained peer facilitators utilize evidence-informed pain education materials, choosing from 31 different topics available in multiple languages to guide discussions. The program has been tailored for young adults, BIPOC and LGBTQ2S+ communities, with language-specific groups in Cantonese and Punjabi groups.


 **Self-Management BC** | [selfmanagementbc.ca/chronicpainprogram](https://selfmanagementbc.ca/chronicpainprogram)  
Supported by the Province of British Columbia, this organization provides health programs for adults in BC with one or more ongoing health conditions. Their chronic pain programs are offered in-person, virtually, online, by telephone, or by mail and are accessible for Chinese, Indigenous, and Punjabi communities.

 **Vancouver Coastal Health – Arthritis Classes (in person)**  
[vch.ca/en/service/person-arthritis-classes](https://vch.ca/en/service/person-arthritis-classes)  
In-person classes for developing a solid foundation for managing osteoarthritis or inflammatory arthritis, joint specific classes, and special topics beyond the basics. No referral is required. Classes take place in Vancouver, North Vancouver and Richmond, and based on patient demand, in Victoria.

 **Vancouver Coastal Health – Arthritis Classes (online)**  
[vch.ca/en/service/online-arthritis-classes](https://vch.ca/en/service/online-arthritis-classes)  
Online classes for developing a solid foundation for managing osteoarthritis or inflammatory arthritis, joint specific classes, special topics beyond the basics, small group sessions, and special interest classes.

## ONE-ON-ONE SUPPORT

 **Pain BC - Coaching for Health** | [painbc.ca/coaching](https://painbc.ca/coaching)  
A one-on-one telephone or video coaching program designed to help people living with pain learn self-management skills, regain function and improve their well-being. Clients can access up to 12 sessions with a trained volunteer or staff coach to support their pain-related goals.

 **Pain BC - Pain Support Line** | [painbc.ca/supportline](https://painbc.ca/supportline)  
A safe and confidential space for individuals to discuss pain and its impact on their lives. Social work staff provide information, emotional support, and resource assistance. The most common needs of Pain Support Line clients include information about pain clinics and specialists, emotional support, finding a family physician or mental health services, locating support groups, requests for pain education, health care navigation, and connection to income supports.

## **Manitoba**

### **GROUP SUPPORT**



#### **Winnipeg Regional Health Authority – Health Management Group Program Guide**

[wrha.mb.ca/groups](http://wrha.mb.ca/groups)

[wrha.mb.ca/groups/chronic-pain-self-management](http://wrha.mb.ca/groups/chronic-pain-self-management)

Programs may be offered live online or in-person. Pre-recorded sessions are available for some programs and can be viewed at any time. Programs include Chronic Pain Self-Management sessions, Cognitive Behaviour Therapy with Mindfulness, Get Better Together, Nutrition for Busy People, Physical Activity Essentials, and more.

## **New Brunswick**

### **GROUP SUPPORT**



#### **Making Sense of Pain (MSOP)**

This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. Sites offering MSOP in 2025/2026 include St. Joseph's Community Health Centre (Saint John, in person), Fredericton Downtown Community Health Centre (Fredericton, in person), Queen's North Community Health Centre (Minto, in person).

## **Newfoundland & Labrador**

### **GROUP SUPPORT**



#### **Improving Health: My Way | [westernhealth.nl.ca/improving-health-my-way](http://westernhealth.nl.ca/improving-health-my-way)**

People living with chronic conditions (or long-term health conditions) usually share similar challenges every day. The Improving Health: My Way Program consists of six group sessions which are designed to help individuals with chronic conditions manage their health, and maintain active and fulfilling lives, despite the challenges associated with their condition. Any adult living with a chronic health condition(s) is welcome to attend the sessions with a friend, family member or support person.

In the program, you will learn how to:

- Manage fatigue or tiredness
- Learn how to eat healthier
- Deal with frustration, depression, pain, or isolation
- Start to become more active and/or maintain an exercise program
- Develop problem solving skills
- Communicate with family, friends, health care providers
- Get more out of life



### ***Making Sense of Pain (MSOP)***

This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. Sites offering MSOP in 2025/2026 include Eastern Health (St. John's, in person), Conception Bay North Family Care Team (Carbonear, in person), Marystown Family Care Team (Marystown, in person), Clareville Family Care Team (Clareville, hybrid in person/online), NLHS Western Zone (Port aux Basques, Deer Lake, Stephenville, in person).



### ***Mindfulness-based Class for Chronic Pain***

[nl.bridgethegapp.ca/adult/online-programs/provincial-mental-health-groups/mindfulness-based-class-for-chronic-pain](https://nl.bridgethegapp.ca/adult/online-programs/provincial-mental-health-groups/mindfulness-based-class-for-chronic-pain)

This group is designed to help people learn skills to cope with chronic pain. Participants will learn how to bring mindfulness, and other evidence-based skills into their daily lives, to manage the difficult emotions, losses, and social challenges that arise from its experience. The class runs weekly for eight weeks, with each session lasting two hours. Signing up for this class means committing to practice mindfulness daily for eight weeks in order to experience benefit.



### ***People in Pain Network (PIPIN) | [pipain.com/manage.html](https://pipain.com/manage.html)***

PIPIN offers high-impact community support led by formally trained peer facilitators. Using a library of 31 evidence-based education modules, facilitators deliver reliable, high-quality content tailored to group needs. The program fosters connection, practical insights from lived experience, and learning about pain and self-management, with a strong focus on skills, support, and education. Join one of the following pain self-management peer support groups.

- Virtual Pain Support - Connecting Online: A balance between education and support. Meetings are held on the fourth Monday of the month from 7:00 – 8:30PM NL.

## **ONE-ON-ONE SUPPORT**



### ***Self-Management Health Coach Program with Central Health***

[centralhealth.nl.ca/files/ugd/d55165\\_b04cd23c82534127b7201c58ba820f8c.pdf](https://centralhealth.nl.ca/files/ugd/d55165_b04cd23c82534127b7201c58ba820f8c.pdf)

Free health coach program for adults 19 years or older.

Information on self-management programs with Central Health and the referral process:

[centralhealth.nl.ca/files/ugd/d55165\\_cb565b3ba84a490f99b19544b86981d6.pdf](https://centralhealth.nl.ca/files/ugd/d55165_cb565b3ba84a490f99b19544b86981d6.pdf)

## ***Northwest Territories***

## **SELF-DIRECTED AND INTERACTIVE LEARNING**



### ***Rehabilitation Persistent Pain Program***

[nthssa.ca/en/services/rehabilitation-services/rehabilitation-persistent-pain-program](https://nthssa.ca/en/services/rehabilitation-services/rehabilitation-persistent-pain-program)

The goal of the persistent pain program is to share information about how pain works in the body and to help clients learn how to manage persistent pain using a variety of techniques. The program is in-person in a small group setting to encourage socialization amongst clients, share information, and direct clients to community resources. Clients will need to complete ONE mandatory introduction session prior to attending the five-part education series held weekly.

## ***Nova Scotia***

### **DEVELOP PAIN MANAGEMENT SKILLS**



#### ***Pain Self-Management Program (PSMP)***

[library.nshealth.ca/Patients/ChronicPain/Program](https://library.nshealth.ca/Patients/ChronicPain/Program)  
[nshealth.ca/sites/default/files/documents/pamphlets/1658.pdf](https://nshealth.ca/sites/default/files/documents/pamphlets/1658.pdf)

A group-based, educational program. People living in Halifax or Hants (Windsor) with long-term pain can refer themselves to their local program; people living in other communities need to be referred by a physician or primary care provider. Participants are encouraged to attend regular meetings. Because pain affects the whole person (body, mind and spirit), the PSMPs are designed to help people with long-term pain learn more effective skills to manage their pain and help improve their lives in all of these areas.

### **GROUP SUPPORT**



#### ***Making Sense of Pain (MSOP)***

A free group for individuals living with chronic pain. This is a 10-week interdisciplinary program, offered virtually (via Zoom) or in-person, that helps clients gain a better understanding of their pain and learn strategies to best manage it. Sessions are approximately two hours in length and are co-facilitated by clinicians who have expertise in chronic pain. Topics include pain science, sleep, safe movement, pacing, stress management, mood, nutrition, grief/loss, and social support. Sites offering MSOP in 2026 include Western Kings Memorial Health Centre (Berwick, NS), South Shore Medical Arts Building (Bridgewater, NS), and Yarmouth Regional Hospital (Yarmouth, NS). Clients who are interested in attending can be referred by a health care provider. A screening call will be arranged with a pain clinic clinician to ensure client's readiness for group. Referrals can be faxed to 1-833-333-1836 or we can be reached at 902-538-7102 (Berwick, NS), 902-749-1460 (Yarmouth), or 902-543-4923 (Bridgewater).



#### ***People in Pain Network (PIPIN) | [pipain.com/manage.html](https://pipain.com/manage.html)***

PIPIN offers high-impact community support led by formally trained peer facilitators. Using a library of 31 evidence-based education modules, facilitators deliver reliable, high-quality content tailored to group needs. The program fosters connection, practical insights from lived experience, and learning about pain and self-management, with a strong focus on skills, support, and education. Join one of the following pain self-management peer support groups.

- Young Adults in Pain: If you are between the ages of 19 and 35, join the online young adults Self-Management Education and Support Group. Meetings are held on the second Wednesday of the month from 5:30 – 6:30PM ET.
- Virtual Pain Support - Connecting Online: A balance between education and support. Morning meetings are held on the third Thursday of the month from 9:00 – 10:30AM ET. Evening meetings are held on the second Tuesday of the month from 6:00 – 7:30PM ET and the fourth Monday of the month from 5:30 – 7:00PM ET.
- In Person - Annapolis Valley: Join the Annapolis Valley Pain Self-Management Education and Support Group located at the Wilson Room WKM Heath Center. Meetings are held on the second Wednesday of the month from 10:30AM – 12:00PM AT.

- In Person – Sydney: Join the Sydney Pain Self-Management Education and Support Group located at T.W. Curry Community Centre, 400 George Street. Meetings are on the third Thursday of the month from 10:30AM – 12:00PM AT.
- In Person – Greenwood: Join the Greenwood Pain Self-Management Education and Support Group located at 1151 Bridge Street, Greenwood. Meetings are on the fourth Tuesday of the month from 6:30 – 8:00PM AT.



**Seniors Connect NS** | [seniorsconnectns.ca](http://seniorsconnectns.ca)

In partnership with the People In Pain Network (PIPNetwork), Seniors Connect NS offers monthly sessions, led by formally trained peer facilitators, with the goals of improving pain self-management, reducing isolation, and strengthening confidence through practical, lived-experience learning. Recognizing that not all participants have Internet access, the program offers phone-based support, ensuring equitable access to education, connection, and care. Meetings are held on the third Thursday of the month.

**Nunavut**

No self-management pain programs or resources that we are aware of at this time.

**Ontario**

**SELF-DIRECTED AND INTERACTIVE LEARNING**



**Progress Over Pain** | [selfmanagementontario.ca/en/PainU](http://selfmanagementontario.ca/en/PainU)

A six-week online program that focuses on self-management for people living with chronic pain. Over the six weeks different topics will be covered that relate to chronic pain, including the science of chronic pain, stress, sleep, goal setting, communication and engaging in meaningful activity. Sessions are approached using principles of self-management, cognitive behavioural therapy and mindfulness. Participation is interactive during sessions, and self-reflective activities will be provided to complete between sessions.



**South West Self-Management Program** | [swselfmanagement.ca](http://swselfmanagement.ca)

This program is housed within the Thames Valley Family Health Team, funded by Ontario Health and serves the communities of Grey, Bruce, Huron, Perth, Oxford, Norfolk, Elgin and London/Middlesex. The goal of the program is to have a coordinated approach to support people living with chronic conditions, caregivers and health care providers with self-management support, information and training. Programs include in-person and online workshops for people with health conditions, caregivers, and health professionals.



**Whole Health, Whole Self** | [selfmanagementontario.ca/en/wholehealthwholeself](http://selfmanagementontario.ca/en/wholehealthwholeself)

A four-week program that looks at self-management using an integrated model that connects physical health and mental health. From this holistic perspective, the topics of mental health hygiene, physical movement, and nutrition will be discussed, along with how they overlap and can influence each other. In addition, participants will explore what is personally meaningful and motivating as it relates to their health. Elements of self-management principles and evidence-based mental hygiene practices are the foundation of this program. Sessions are interactive and

session content along with additional information, resources, and self-reflective activities are included in a workbook provided to participants.

## LEARN ABOUT PAIN



### **Toronto Academic Pain Medicine Institute (TAPMI) | [tapmipain.ca](http://tapmipain.ca)**

TAPMI offers pain-specific online learning modules on a range of topics such as mood and anxiety, pacing and physical activity, medical management, communication, types of chronic pain, and alternate therapies.

## GROUP SUPPORT



### **Chronic Pain Management Program at Ottawa Hospital**

[ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/chronic-pain-management-program](http://ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/chronic-pain-management-program)

A four-week, group-based, interdisciplinary self-management program focused on skills, support, and education to help participants cope with persistent pain. Services are provided on an out-patient basis only.

The specific objectives of the Chronic Pain Management Program are to help participants:

- Increase knowledge of chronic pain and chronic pain self-management
- Learn and implement adaptive pain management strategies (e.g. pacing, planning, relaxing, goal setting, communicating assertively, and thinking in adaptive ways).
- Remain active and engage in meaningful activities in various domains (e.g., recreation, household, vocational, hobbies, and social)
- Improve posture and overall physical fitness
- Improve emotional health and quality of life



### **Making Sense of Pain (MSOP)**

This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. Sites offering MSOP in 2025/2026 include Waterloo Wellington Self-Management Program (Cambridge, in person), St. Michael's Hospital Chronic Pain Clinic (Toronto, in person), Smiths Falls Nurse Practitioner-Led Clinic (Smiths Falls, in person), Centre for Addiction and Mental Health partnering with Sickle Cell Awareness Group of Ontario (Toronto, in person, tailored for people with sickle cell disease).

## ONE-ON-ONE SUPPORT



### **Online Self-Management Program Health Coaching**

[selfmanagementontario.ca/en/health-coaching](http://selfmanagementontario.ca/en/health-coaching)

Individuals living with chronic health conditions spend very little time with health professionals, most of the time they are managing on their own. Health Coaching is a free one-on-one web-based support program to help you manage your conditions and get the most out of life.

## **Prince Edward Island**

### **SELF-DIRECTED AND INTERACTIVE LEARNING**



#### **Beck Exercise Physiology Chronic Pain Program**

[beckexercisephysiology.ca/exercise-for-health-program-1](https://beckexercisephysiology.ca/exercise-for-health-program-1)

Through a partnership with the Department of Fisheries, Tourism, Sport and Culture and Recreation PEI, Beck Exercise Physiology Inc is offering a free, virtual, educational program created for Islanders with chronic diseases - Cancer, Diabetes, COPD, and Cardiovascular Disease, Knee and Hip Osteoarthritis, and Neuromuscular Disease (MS, Parkinson's, Stroke).

These 6-week, introductory programs are ideal for beginners and will focus on progressive, low to moderate intensity exercise to improve heart health, strength, balance, and flexibility. You will meet with Clinical Exercise Physiologist, Katie Beck, for weekly education and exercise sessions, from the comfort of your own home. Participants have the option to join the "Graduate Program" which will help them continue to be active after the introductory program has been completed.

### **GROUP SUPPORT**



#### **Making Sense of Pain (MSOP)**

This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. It is being offered through the PEI Provincial Pain Management Clinic (Charlottetown, in person).

## **Québec**

### **SELF-DIRECTED AND INTERACTIVE LEARNING**



#### **My Pain Management | [gerermadouleur.ca/en](https://gerermadouleur.ca/en)**

Educational resources for patients, family caregivers, and health care professionals for improved pain management.

### **GROUP SUPPORT**



#### **Making Sense of Pain (MSOP)**

This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. Sites offering MSOP in 2025/2026 include Chinese Christian Mission – Montreal Centre (Montreal, in person, in Cantonese).

## ONE-ON-ONE SUPPORT



**AQDC – Ligne d’entraide** | [douleurquebec.ca/nos-services/ligne-dentraide](https://douleurquebec.ca/nos-services/ligne-dentraide) **FR**

Une ligne d’écoute et d’entraide est disponible pour vous aider à mieux communiquer vos problèmes de douleur. Elle est là si vous ressentez le besoin de parler, de vous confier ou encore si vous désirez avoir de l’information. Nous savons que ce n’est pas toujours facile de parler de la douleur avec nos proches, c’est pourquoi nous avons créé cette ligne d’entraide et de soutien, pour être plus près de vous.

### **Saskatchewan**

## SELF-DIRECTED AND INTERACTIVE LEARNING



**Well-being Course for Chronic Health Conditions** | [onlinetherapyunit.ca/chronic-conditions](https://onlinetherapyunit.ca/chronic-conditions)

This five-lesson course aims to provide good education and guidance on simple but effective cognitive behavioural techniques for managing symptoms often experienced by those with chronic health conditions, including chronic pain.

Very broadly, the course helps people with thoughts, behaviours, and physical symptoms related to chronic health conditions, depression, and anxiety. Research shows that it helps people gain control over their symptoms, improve their confidence, and get back to living a full, satisfying life.

Depending on the complexity of the lesson, it is recommended that clients spend one to two weeks on a given lesson. Lessons consist of educational materials that are accessed online, and activities and resources that are reviewed offline. With the suggested time frame, clients should complete course in eight weeks.

### **Yukon**

## SELF-DIRECTED AND INTERACTIVE LEARNING



**Chronic Condition Education Programs**

[yukon.ca/en/health-and-wellness/care-services/join-chronic-condition-education-or-support-program](https://yukon.ca/en/health-and-wellness/care-services/join-chronic-condition-education-or-support-program)

Various programs are available: What is Pre-Diabetes, Diabetes Wellness Program, Diabetes Management, and Your Health Your Way.



**Making Sense of Pain**

This 10-week, trauma-informed, equity-oriented program empowers participants to improve their quality of life, advocate for themselves within the health care system, and enhance their physical, mental, and social well-being. It is offered by Yukon Chronic Conditions Support Program, Yukon Ministry of Health and Social Services (Whitehorse, in person).

## ***Condition Specific Resources***

- Arthritis Society Canada [arthritis.ca](http://arthritis.ca)
- Brain Injury Canada [braininjurycanada.ca](http://braininjurycanada.ca)
- Canadian Cancer Society [cancer.ca/en/cancer-information/resources](http://cancer.ca/en/cancer-information/resources)
- Crohn's and Colitis Canada [crohnsandcolitis.ca](http://crohnsandcolitis.ca)
- Fibromyalgia Association Canada [fibrocanada.ca](http://fibrocanada.ca)
- Fibromyalgia Well Spring Foundation [fibromyalgiawellspringfoundation.org](http://fibromyalgiawellspringfoundation.org)
- ME | FM Society of BC [www.mefm.bc.ca](http://www.mefm.bc.ca)
- Migraine Canada [migrainecanada.org](http://migrainecanada.org)
- MS Canada [mscanada.ca](http://mscanada.ca)
- OsteoArthritis Service Integrative System (OASIS) [vch.ca/en/service/oasis](http://vch.ca/en/service/oasis)
- Scleroderma Association BC [sclerodermabc.ca](http://sclerodermabc.ca)
- Spinal Cord Injury BC [sci-bc.ca](http://sci-bc.ca)
- The Ehlers-Danlos Society [ehlers-danlos.com](http://ehlers-danlos.com)
- The Happy Pelvis [thehappypelvis.ca](http://thehappypelvis.ca)

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