

PAIN BC RESOURCES AT A GLANCE

RESOURCES/SERVICES FOR HEALTH CARE PROVIDERS
<p>BC ECHO for Chronic Pain – Free online community of practice with monthly virtual learning sessions for health care providers led by an interdisciplinary team of pain specialists.</p>
<p>BC Adaptive Mentorship Network for Pain, Mental Health & Substance Use (BCAMN) – Free mentoring from expert clinicians in pain, MH & SU for community-based primary care providers and allied health care professionals, in safe and supportive small group sessions, 1:1 mentoring and group educational sessions.</p>
<p>Pain Education for Divisions of Family Practice – Pain education sessions tailored to meet the needs of members of Divisions.</p>
<p>Pain Foundations – Free self-paced online course for health care providers to improve their assessment and treatment of people living with pain, with Basic and Advanced Certificates available.</p>
<p>Chronic Pain Insights – Free, self-paced online course for health care providers to build skills and knowledge about pain in the perioperative context.</p>
<p>Moving Through Pain – Free self-paced online course for health care providers who want to support people living with pain to engage in gentle movement and relaxation.</p>
<p>Brochures for patients – Pain BC brochures about living with pain for patients and families; specific brochures about Pain Support Line, Coaching for Health, Pain Support & Wellness Groups, and LivePlanBe+.</p>

RESOURCES/SERVICES FOR PEOPLE LIVING WITH PAIN

[Pain Support Line](#) – Free information, support, resource-connection and a listening ear to help empower people living with pain and their loved ones to find support and advocate for themselves.

[Coaching for Health](#) – Free 1-1 coaching sessions for 12 weeks. Helps people with goal setting and support for self-management strategies. Referrals from health care providers or through Pain Support Line.

[Making Sense of Pain](#) – Accessible 10-week pain self-management sessions for people who experience marginalization, offered online province-wide from Pain BC staff, and in multiple communities throughout BC in-person and online; it has been culturally tailored for French, Arabic, Punjabi, Cantonese, Mandarin & Spanish speakers, and for LGBTQ2S adults, gender diverse youth, and youth.

[Pain Support & Wellness Groups](#) – Peer support groups delivered online. The groups consist of learning about pain management topics, sharing coping straggles and building a community of support. Delivered both regionally and for BIPOC, LGBTQ+ and young adult populations. Cantonese and Punjabi groups launching in September 2024.

[LivePlanBe+](#) – Free online interactive pain education for patients, with algorithm to guide the user through topics.

[Gentle Movement @ Home](#) – Free, on-demand guided movement and relaxation videos for pain led by health care providers on YouTube.

[Managing Pain Before and After Surgery](#) – Free, self-paced online program to help people undergoing surgery and their families better manage pain after surgery and decrease complications.