



PAIN BC™
PAIN SUPPORT &
WELLNESS GROUPS

If you're living with pain, you're not alone.

Pain Support & Wellness Groups bring together people living with pain in a safe, welcoming and confidential space to support each other while learning new pain management skills. Groups are offered free in communities across BC.

You will:

- Gain confidence and hope
- Build supportive relationships with people also living with pain
- Learn new strategies for managing pain
- Take part in gentle movement exercises to improve comfort and function

**Participation
is free.**

Find out more or register
for a local group at
www.painbc.ca/supportgroups

Pain BC's Pain Support & Wellness Groups
meet twice a month in communities across BC.

Locations include:

- Chilliwack
- Fort St John
- Kelowna
- Maple Ridge
- New Westminster
- Quesnel
- Salmon Arm
- Trail
- Vancouver
- Vernon
- Victoria

For a full list of locations, visit
www.painbc.ca/supportgroups

Pain BC is a registered charity dedicated to improving the lives of people in pain through education, empowerment and innovation.

Questions?

 supportgroups@painbc.ca

 Toll-free at 1-844-430-0818

 www.painbc.ca/supportgroups

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