



**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](http://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](http://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](http://www.painbc.ca/supportgroups)

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