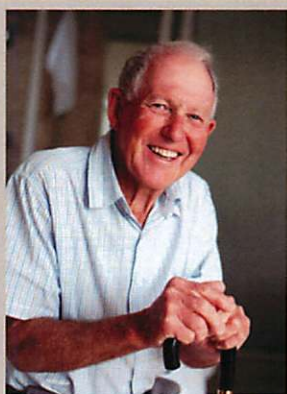


*City of Kawartha Lakes*

Family Health Team



*Pain Self-Management*

[www.cklfamilyhealthteam.com](http://www.cklfamilyhealthteam.com)

705.328.9853

## *Pain Self-Management*

Chronic pain can be managed using a number of coping strategies based on psychological principles and occupational/lifestyle techniques.

Emphasizing non-drug approaches, pain self-management is important for ongoing control of long-term, chronic pain.

The Pain Self-Management program is an education and discussion group led by our team's clinical psychologist and occupational therapist.

The program involves discussion and instruction in practical pain self-management techniques.

Participants will have the opportunity to learn proven strategies to help manage pain. The group also provides an opportunity to share your experience with other people in similar circumstances.

The group meets weekly for 6 weeks.

*Ask your family doctor or nurse practitioner if the Pain Self-Management program may be right for you...*

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