

Making Sense of Pain

LEARN HOW TO TAKE CONTROL
OF YOUR PAIN
FREE WEEKLY PROGRAM



Learn skills to reduce your pain, improve movement, and connect with other people living with pain.

Reimbursement for childcare costs available upon request.

Free food provided.



All sessions are **online** via Zoom. Please call (250-807-8241) or email (ipc.ok@ubc.ca) the UBCO Psychology Clinic to learn more.