

Do you live with chronic pain? Making Sense of Pain is a free nine-week program from Pain BC designed to empower you to improve your quality of life and well-being through pain education and social connection.

This weekly 90-minute online group will be facilitated by Rae Beaumont, Registered Clinical Counsellor. Rae is the wife of a veteran who served 25 years in the Canadian Armed Forces. Co-facilitators include Sanela Jakovljevic, Registered Clinical Counsellor, and Judith Klapak, counselling intern.

Topics covered include:

- Understanding the biopsychosocial model of pain
- Understanding the role of stress in chronic pain
- Exploring different forms of movement for managing chronic pain
- Sleep, mood and emotions and their impact on pain
- The importance of social support
- The role of nutrition in healing
- Grief and loss
- How your thinking can affect your experience of pain

Using a combination of interactive learning, discussion and practice activities each week will offer education, tools and resources to support you in your pain management, while providing an opportunity to share, listen and learn from others who live with chronic pain too.

This group will meet for the first time on Sunday, June 8, at 1:00 p.m. PST. If you are interested in participating in Making Sense of Pain Online, please complete the self-referral form [found here](#).

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