



The Rehabilitation Team of Choice in Central East Ontario Since 1988.

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## Managing Pain and Embracing Life



***Managing Pain and Embracing Life*** is an interactive program designed to help those living with painful conditions to acquire knowledge, develop adaptive pain management skills, and apply those skills in everyday living. In this interactive group setting, program participants will be able to access the knowledge of the facilitator, Anne Vant Erve, who is a Rehabilitation Counsellor with a Masters degree in intervention and consultation in sport, physical activity, and health. Participants will also benefit from the support, encouragement, accountability, and mutual discovery that occurs within the group dynamic.

The goal of this 10 week program is to empower pain sufferers with tools, resources, and action plans for taking control over their conditions and embracing their living potential.

The following topics will be integrated into this dynamic learning experience:

Pain/Chronic Pain  
Physical Activity  
Rest  
Pacing  
Nutrition  
Breathing  
Relaxation

Combating Fatigue  
Relationships  
Changing Thinking  
Setbacks  
Maintenance  
Preventing Relapse

Each week will consist of a progress check-in, an instructional component, a collaborative learning component, an experiential application, and an action plan development and evaluation process. By incorporating multidimensional rehabilitative approaches, this program also supports and enables participants to commit to and achieve their goals for rehabilitation. Participants will each receive personal workbooks for logging progress and measuring outcomes. This is an excellent opportunity for those living with pain to break the vicious symptom cycle that creates helplessness and hopelessness. Throughout the ***Managing Pain and Embracing Life*** program, participants will discover that knowledge is power and that there is hope for regaining control over their conditions and their lives.