

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Forfar Group

**St John's Episcopal Church
East High Street, Forfar, DD8 2EP-
2023 Programme**

**Meetings are held Friday 2.00pm – 4.00pm
SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS**

Fri 20th Jan	The Way Forward	2- 4 - Venue
Fri 17th Feb	Taming boom-bust	2- 4 - Online
Fri 17th March	Sleep	2- 4 - Venue
Fri 21st April	Dealing with Anxiety	2- 4 - Online
Fri 19th May	Understanding Pain	2- 4 - Venue
Fri 16th June	Relaxation	2- 4 - Online
Fri 21st July	Lifestyle	2- 4 - Venue
Fri 18th Aug	Dealing with Other People	2- 4 - Online
	Summer Break	
Fri 20th Oct	Prepare for a Flare Up	2- 4 - Venue
Fri 17th Nov	Pain – Stress Cycle	2- 4 - Online
Fri 15th Dec	Rebuilding Confidence	2- 4 - Venue

- This is a professionally led training group for people with all forms of chronic pain. Sessions focus on building skills that help you to regain control and cope more effectively. You are welcome to attend at any point during the programme. You do not need to be referred by a health care professional to attend.
- We acknowledge part funding for this project from NHS Tayside



 @PainAssocScot

 Pain Association Scotland

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enquiries only

Pain Management Strategies and Support for People in Pain

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Any such changes (if unable to meet at the venue) will be posted on our social media and that regular attendees will be contacted via phone/email.

To join the Zoom meetings please email info@painassociation.com with your name, an email address and which group you wish to join i.e. Forfar as the subject.

This group is running a blended programme for 2023. Sessions will alternate between online and face to face. This is a response to Covid and a way to reach more people across a wider area. Everyone is welcome to attend both face-to-face and online throughout the year.

The latest updates on the meetings can be found on our website www.painassociation.co.uk and on Social Media – Twitter- @PainAssocScot – Instagram- painassocscot

Thank you for your understanding and we look forward to seeing you at the sessions.

