

## Veterans Group Dates

Chronic Pain is difficult to live with. It is hard to understand, you can't see it and it varies day to day sometimes for no apparent reason. In addition to pain, people often experience frustration, anxiety, stress, sleeplessness, low mood, isolation, communication and relationship problems.

Meeting are online via Zoom

Friday 6th January 10.30am - 12.30pm

Friday 3rd February 10.30am - 12.30pm

Friday 3rd March 10.30am - 12.30pm

Friday 14th April 10.30am - 12.30pm

Friday 5th May 10.30am - 12.30pm

Friday 2nd June 10.30am - 12.30pm

Friday 4th August 10.30am - 12.30pm

Friday 1st September 10.30am - 12.30pm

Friday 6th October 10.30am - 12.30pm

Friday 3rd November 10.30am - 12.30pm

Friday 1st December 10.30am - 12.30pm