

# KNOWLEDGE + SKILLS + CONFIDENCE

## Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

**FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain**

*Family Members and Friends Welcome*

**DATES/TIME:** **February 19, 2026 to March 26, 2026**

**Thursdays, 1:00 p.m. to 3:30 p.m.**

**LOCATION:** **St. Mark's Anglican Church**

**12953 20th Ave., Surrey BC**

**TO REGISTER:** **Call 604-940-1273 - Email [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)**

**[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)**



*Connect with us:*

 **@SelfManagementBC**

 **@SMPatUVic**

\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\*



**University  
of Victoria**

**Institute on Aging  
& Lifelong Health**

**Self-Management**  
*British Columbia*



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Self-Management BC is supported by the Province of British Columbia