



# CHRONIC PAIN SELF-MANAGEMENT


## A WEBINAR SERIES

BROUGHT TO YOU BY THE ONTARIO CHRONIC PAIN NETWORK  
& LIVING HEALTHY CHAMPLAIN


 Thursday  
April 30,  
2020


 Mindfulness Meditation


 **Patricia Poulin**  
Psychologist  
*The Ottawa Hospital*


 12:00pm  
-1:00pm


 Adult


 Tuesday  
May 5,  
2020


 Acceptance and mindfulness  
for managing pediatric chronic  
pain

 **Sefi Kronenberg**  
Psychiatrist  
*The Hospital for Sick Children*


 12:00pm  
-1:00pm

 Pediatric


 Thursday  
May 7,  
2020


 Pain: Just because it's in your  
brain, doesn't mean it's all in  
your head

 **Hannah Marchand**  
Psychologist  
**Tom Doulas**  
Physiotherapist,  
*Hotel Dieu Hospital, Kingston*


 12:00pm  
-1:00pm


 Adult


 Tuesday  
May 12,  
2020


 Medical management of  
pediatric pain


 **Deepa Kattail**  
Anesthesiologist  
*Hamilton Health Sciences  
McMaster Children's Hospital*


 12:00pm  
-1:00pm

 Pediatric

 Thursday  
May 14,  
2020

 Mindful movements from  
home

 **Yaad Shergill**  
Chiropractor  
*The Ottawa Hospital*

 12:00pm  
-1:00pm

 Adult

Webinar schedule con inued 



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Tuesday  
May 19,  
2020



Pacing for Pain - Exercises at Home



**Kathleen Lynch**  
Physiotherapist  
*London Health Science Centre*



12:00pm  
-1:00pm



Pediatric



Thursday  
May 21,  
2020



Managing Sleep and Chronic Pain



**Gregory Tippin**  
Psychologist  
**Laura Katz**  
Psychologist  
*Michael G. DeGroote Pain Clinic,  
Hamilton Health Sciences*



12:00pm  
-1:00pm



Adult



Thursday  
May 28,  
2020



Nutrition



**Christine Cho**  
Naturopathic Doctor  
*Pain & Wellness Centre, Vaughan*



12:00pm  
-1:00pm



Adult



Thursday  
June 4,  
2020



Living a Meaningful Life With  
Chronic Pain and Illness



**Heather Getty**  
Psychologist  
*St. Joseph's Health Care London*



12:00pm  
-1:00pm



Adult

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