

2023 Virtual Booster Sessions

For patients of the Pain Management Program and Rheumatology Centre

These sessions are open to anyone who has attended one of the 10-week pain management or depression treatment groups

Are you struggling to use the coping strategies that you learned? Managing chronic pain and/or depression is difficult, and “falling off the wagon” with your new coping skills is common. Perhaps you have faced an unexpected stressor that triggered increased pain. Maybe you manage your symptoms effectively in some situations, but not others. We offer booster sessions to help our patients fine-tune their coping skills. During these sessions, we will discuss participants’ challenges, and work on effective coping strategies.

Tues. March 7, 9-11 am: What’s YOUR challenge? (Dr. Marilyn Hill, Psychologist)

Thurs. May 4, 9-11am: Recharging and Refreshing your Pacing Skills (Gillian Fish, Occupational Therapist)

Mon. June 12, 9-11 am: What’s YOUR challenge? (Cynthia Herr, Social Worker)

Thurs. Sept. 7, 1-3 pm Recharging and Refreshing your Pacing Skills (Gillian Fish, Occupational Therapist)

Mon. Oct. 16, 9-11 am: What’s YOUR challenge? (Marilyn Hill, Psychologist)

Thurs. Nov. 16, 1-3 pm: Preparing for Winter and the Holidays (Cynthia Herr, Social Worker and Gillian Fish, Occupational Therapist)

To register for these sessions, please call **519-646-6100 ext. 61792** or email painmanagementclinic@sjhc.london.on.ca



Sessions will be held by videoconferencing - you may join using a cell phone, tablet or computer. If you are nervous about the technology, please let us know! Our **Virtual Care Helpline (1-519-685-8390)** is available to assist you. Space is limited. If you are unable to attend, ***please cancel your appointment*** and free up a spot for someone else.