



# Living with Persistent Pain

Learn strategies to help manage persistent pain - Group

Pain that continues for 3 months or more can be disabling and frustrating to manage and can also affect relationships with family, friends, and work colleagues.

This is a 6 week group program that provides education and support for people experiencing persistent pain. The program will explore persistent pain from a psychological perspective, as well as providing a space to connect with other people experiencing similar challenges. We aim to:

- Learn more about the mechanisms of persistent pain
- Explore how to refocus on what is important to you (values)
- Build your coping strategies 'toolbox' for living with persistent pain

Please note: This program is not intended to replace medical treatment but may be useful for developing coping strategies as part of a broader pain management plan.

<b>Where:</b>	EACH 26-28 Prospect St, Box Hill, 3128
<b>Starting Date:</b>	Tuesdays from 1 <sup>st</sup> May 2018 (for 6 weeks)
<b>Time:</b>	1.30 – 3pm
<b>Cost:</b>	<b>FREE</b> (with current Mental Health Care Plan from your GP)
<b>How to Refer:</b>	Contact Psychological Strategies team on (03) 8892 4200 or email <a href="mailto:psintake@each.com.au">psintake@each.com.au</a>

**We look forward to hearing from you!**

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