

PAIN ASSOCIATION SCOTLAND

SELF-MANAGEMENT TRAINING FOR PEOPLE WITH CHRONIC PAIN

Coatbridge Group

Coatbridge Community Centre (GP1),
9 Old Monkland Road,
Coatbridge, ML5 5EA

2018 Programme

Wednesday	17 th Jan	Understanding Pain	2.00 – 4.00pm
Tuesday	13 th Feb	Relaxation & Distraction	2.00 – 4.00pm (GP2)
Wednesday	21 st Mar	Pacing & Baselines	1.30 – 3.30pm
Wednesday	11 th Apr	Social Interaction	2.00 – 4.00pm
Wednesday	30 th May	Stress Management	1.30 – 3.30pm
Wednesday	13 th June	Flare-up Management	1.30 – 3.30pm
Wednesday	11 th July	Dealing with Change	2.00 – 4.00pm
Wednesday	8 th Aug	Improving Sleep	2.00 – 4.00pm
		Summer Break	
Wednesday	10 th Oct	Understanding Emotions	1.30 – 3.30pm
Wednesday	14 th Nov	Racing Minds	1.30 – 3.30pm
Wednesday	12 th Dec	Confidence & Self-image	1.30 – 3.30pm

- **Programme continues in 2019**
- This is a professionally led training group for people with all forms of chronic pain. Sessions focus on building skills that help you to regain control of your life and cope more effectively. You are welcome to attend at any point during the programme. You do not need to be referred by your Doctor.
- If you would like more information or have any further queries, please phone our Free phone enquiry number on 0800 783 6059.
- **We acknowledge partial funding from NHS Lanarkshire**

0800 783 6059

enquiries only

Pain Management Strategies and Support for People in Pain

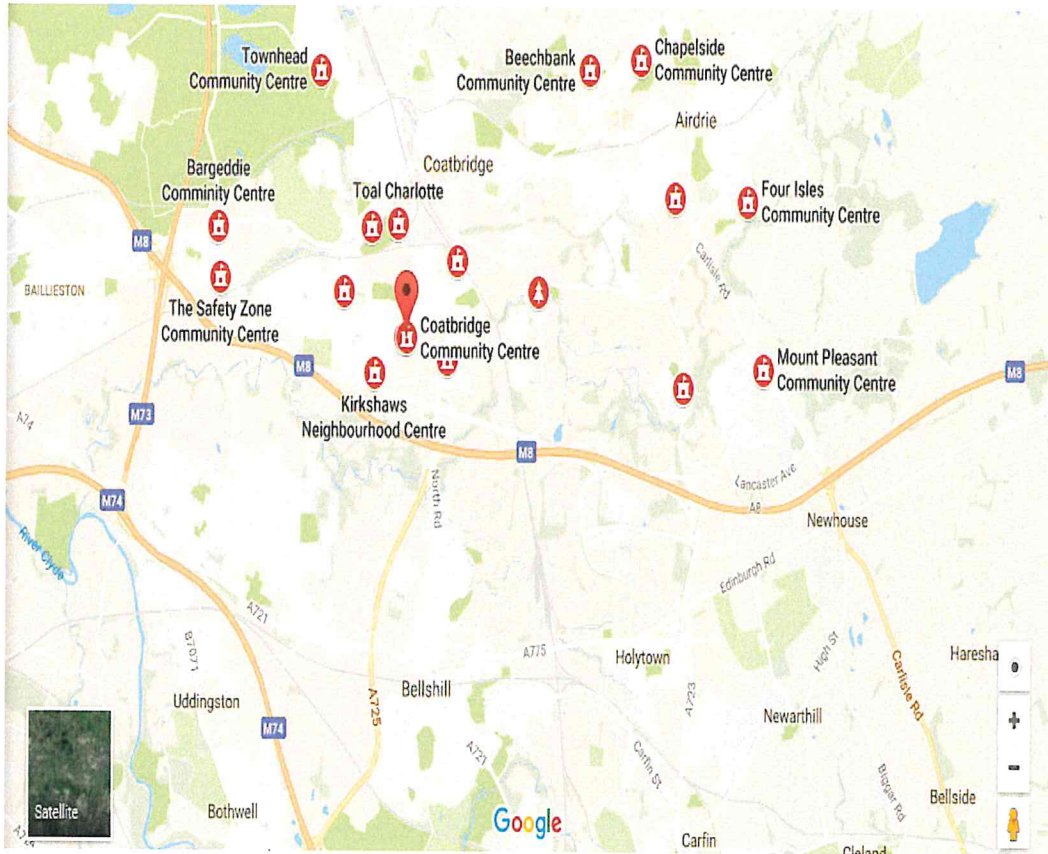
Suite D, Moncrieffe Business Centre, Friarton Road, Perth, PH2 8DG

email: info@painassociation.com web: www.chronicpaininfo.org

telephone: 01738 629503 fax: 01738 625611

Scottish Charity Number SC 014486





- **Coatbridge Community Centre next to St Andrews High School**