

Halifax Pain Self-Management Program

What is the Pain Self-Management Program?

- The Pain Self-Management Program (PSMP) is a group program. It helps people with long-term pain learn how to:
 - › help manage their pain.
 - › live better with long-term pain.
- You will learn by lectures, group discussions, and hands-on activities.

Some topics we talk about:

- › Beliefs about pain
- › The science of pain
- › How the body moves
- › Lowering tension
- › Deep breathing and relaxation
- › Managing your energy
- › Mindfulness
- › Pacing your activities

When and where is the PSMP held?

Groups are held in the fall, winter, and spring online and in-person. In-person groups are held in Halifax at the QEII Health Sciences Centre, Victoria General (VG) site, 1276 South Park Street. We are in the Dickson building, Unit 4G.

How do I sign up?

For information on session dates and to sign up, call:

- › Phone: 902-473-5471

For pain self-management resources, visit:

- › <https://library.nshealth.ca/Patients/ChronicPain/Program>