

PAIN ASSOCIATION SCOTLAND

Pain Association Scotland provides professionally lead group sessions which focus on the self-management of chronic pain.

The course sessions focus on the self-management approach to chronic pain and other long-term conditions. The approach is to look at ways of managing, coping, and improving the quality of life.

5 week Online Self-Management Course.

The aim of the course is to help you to manage and cope with a painful condition. To be straight with you it is not a 'fix it' approach and unlikely to provide instant pain relief. The course will help you to understand more about your situation and the issues that affect your pain and it will help you find new ways to manage and cope with pain. These ideas take time and effort to put in to practice. Discussion is encouraged and should reflect the needs of people in the group. Depending on what is happening, the focus might be more on some topics than others.



The Course Dates :

Tues 25th Feb 2025 - 2-4pm
Tues 4th March 2025 - 2-4pm
Tues 11th March 2025 - 2-4pm
Tues 18th March 2025 - 2-4pm
Tues 25th March 2025 - 2-4pm

To sign up for the course click the button below

SIGN UP