

Alberta Virtual Pain Program Workshops



Primary Care
Alberta

The Alberta Virtual Pain Program is pleased to now be offering several workshops and peer support sessions for people in Alberta living with chronic pain. Please see below for more information. **All sessions are delivered online using Zoom and will be documented as a patient appointment.** A minimum number of registrants is required for each session to run. Additional workshop topics are under development, and new dates will continue to be added based on interest using the same registration links.

People over Pain: Bridging Connections

Are you interested in staying connected with other people living with chronic pain? You can attend Peer Support Groups offered directly through the Alberta Virtual Pain Program.

Peer Support Group: Virtually connect with others experiencing chronic pain. Share your thoughts, ideas, and feelings in a non-judgmental and safe space in **one-hour sessions**.



To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code. You may use this link to register for as many sessions as you need.

Pain Speak: Effective Communication Using DEARMAN Skills

In this interactive **105-minute workshop**, you will learn about effective communication, the relationship between pain and communication, and different styles of communication. We will build on using an assertive communication approach with a tool called DEARMAN. In a supportive environment, you will have the option to practice using DEARMAN in one of three scenarios: communicating with a healthcare provider, a loved one, or in the workplace.



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Substance Use Health Workshop

In this **one-hour workshop**, participants will develop an understanding of the relationship between chronic pain and substance use, and the shame and stigma that often accompany it. We will also explore how Substance Use Health occurs across a spectrum. Resources will be provided for those who wish to learn more or to gain support.



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Fostering Connections Workshop: Identifying & Engaging in Connection Opportunities for People Living with Chronic Pain.

This **two-session workshop (90 minutes each)** is for individuals living with chronic pain and seeking to engage in meaningful connections within their community. The first session will help participants identify their core values and learn how to use the same to select meaningful & manageable connection opportunities. In the second session, participants will reflect on their experience of engaging in one connection, discuss how to evaluate whether a connection is helpful or unhelpful and how to navigate both.



To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.

Principles of Using Medication for Pain Management

This **one-hour workshop** is led by a pharmacist. The first half of the session involves prepared content about 4 key principles of medication use for pain. The second half of the session involves an open question and answer session for participants to ask questions and share experiences.



To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.

Habit Shift: Create Lasting Change.

A Step-by-Step Guide for People Living with Chronic Pain

Are you thinking of making a change to help you live better with chronic pain? This **three-session workshop (one hour each)** is designed for people who are ready to make positive changes in their lives. These sessions will give you the tools and support you need to change your habits and improve your quality of life. This workshop series is designed for participants who are ready to make a change and are committed to improving their lives.



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Exploring Intimacy with Chronic Pain

Intimacy is an area that is often impacted by living with chronic pain and is not easily talked about. In this **90-minute workshop**, we will explore what intimacy means to you and provide strategies to increase your ability to communicate about and participate in your personal intimacy practices. This group will include discussions around intimacy, relationships, emotional connection, and personal experiences. Please note we will not be discussing previous trauma in this group. This group is open to women and people who identify as women.



To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.

The Alberta Virtual Pain Program

In addition to these workshops and peer support sessions, we also offer chronic pain self-management and education through a 6-week group program and an online self-led program. For more information, please call 1-877-719-7707, visit [Alberta Virtual Pain Program | Alberta Health Services](#), or use the QR code.



Power Over Pain Events

You are also encouraged to check out the various virtual Events hosted by Power Over Pain. To see available dates and times of upcoming sessions, and to register, please visit: [Events | Power Over Pain Portal](#)



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