



DO YOU HAVE CHRONIC  
PAIN OR DISCOMFORT  
THAT DOESN'T GO AWAY?

**We can help.**

**A specialized Cognitive Behavioral Therapy (CBT) intervention for adolescents with chronic pain or discomfort and parents or caregivers.**

### **ADOLESCENTS (Ages 10-17 Years):**

- ◆ Learn science-proven brain-body skills
- ◆ Connect with others who have similar experiences
- ◆ Make a custom comfort plan for your unique needs
- ◆ Get a Comfort Guide and Comfort Kit for at home use

### **PARENTS and CAREGIVERS:**

- ◆ Learn proven strategies for parenting a child with pain or discomfort
- ◆ Create a personalized plan for supporting your child's increased function
- ◆ Explore the skills your child will use to boost comfort

**The Comfort Ability<sup>®</sup> Program offers these one day, in-person workshops throughout the year at the Alberta Children's Hospital (ACH).**

### **TO ATTEND A WORKSHOP:**

An ACH healthcare provider refers your family to the Comfort Ability Program.

Within 3 months of being referred, the family needs to call 403-955-2618 to sign up for the workshop.

**Scan the QR code  
to learn more  
and sign up**

