



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

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

We can help.

## 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

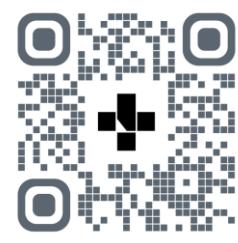
The Comfort Ability® Program offers these one day, in-person workshops throughout the year at the Alberta Children's Hospital (ACH).

## 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



Alberta Health  
Services

Alberta Children's Hospital