



Mindfulness-Based Chronic Pain Management Program™ (MBCPM™)

Attendees learn the principles of mindfulness meditation, the importance of living in the moment, and the power of now, and how these relate to suffering less pain. Mindfulness assists in remaining calmer and more pain controlled despite the challenges of everyday life, such as when interacting with family, friends, colleagues, employers and insurers. This can change the intensity of pain suffering, both emotional and physical, in a very positive way.

The MBCPM™ program may be for you if:

- You are 18 years old or older
- You are comfortable in a group setting
- You are comfortable becoming aware of how your thoughts and emotions can impact your experience of pain
- You are willing to do the homework that is required
- You are able to consistently attend the sessions over the 13 weeks

Program developed by Dr. Jackie-Gardner Nix, Pain Specialist

www.neuronovacentre.com

Program Offered 1-2 times / year

Dates to Be Determined

2.5 hours / week for 13 weeks

Facilitator: Barb Fraser, MSW, RSW, Social Worker
Certified MBCPM™ Affiliate

Pre-registration Required—Call for more information or to register!

705 455 9220 ext. 312

Required Material Fees (book and downloadable home practice meditations):

Approximate cost \$100.00

Workbook Optional: \$55.00

