

Persistent Pain Online Resources


Power Over Pain Portal (poweroverpain.ca)- Videos and Educational Resources

How do I access these Online Resources on the Power Over Pain Portal Website?

- Recorded Webinar videos with a star (*) beside: Click “Events” tab at top of website. Click “Recordings” tab. The date of the recording is listed.
- For all other videos & self-paced educational modules listed (with ● beside): Click “Information Hub” tab at top of website and then click on “Resources”. You can filter the resources by clicking on the categories on the left.
- For more detailed instructions, please click on the “Watch the Intro Video” on the Home page.

<div style="border: 1px solid green; width: 20px; height: 20px; display: inline-block; margin-bottom: 5px;"></div> <p style="text-align: center;">Stress/Mood/Trauma</p> <ul style="list-style-type: none"> • Stress by Pain U Online (module) • Bounce Back Videos by CMHA (CBT for stress/anxiety/low mood) • Well Central • IMPACT Program (8 week ACT) <p>* Mood Matters (emotions & pain) (May 17, 2024)</p> <p>* Boost your Mood (February 22, 2024)</p> <p>*Thinking about Pain (November 10, 2023)</p> <p>*Pain is Stressful (Relaxation) (October 17, 2023)</p> <p>* Healing Through Awareness: Pain, Trauma & Resilience (May 26, 2025)</p> <p>*Improving Mood with Pain* (November 22, 2024)</p>	<div style="border: 1px solid green; width: 20px; height: 20px; display: inline-block; margin-bottom: 5px;"></div> <p style="text-align: center;">Understanding Pain</p> <ul style="list-style-type: none"> • What is chronic pain and how does it work? • Tame the Beast • The Neuroscience of Pain • The Mysterious Science of Pain • Pain, the brain and your amazing protectometer <p>* Why do I hurt? (October 4, 2023)</p> <p>* Understanding Pain: Exploring the Neuroscience Behind Chronic Pain Management (October 10, 2024)</p> <p>* Pain Reprocessing Therapy (February 5, 2025)</p>
<div style="border: 1px solid green; width: 20px; height: 20px; display: inline-block; margin-bottom: 5px;"></div> <p style="text-align: center;">Relationships</p> <p>*Parenting with Chronic Pain (October 17, 2023)</p>	<div style="border: 1px solid green; width: 20px; height: 20px; display: inline-block; margin-bottom: 5px;"></div> <p style="text-align: center;">Movement</p> <ul style="list-style-type: none"> • Gentle Movement at Home (videos by Physio)

<p>Relationships (Continued)</p> <p>*Let’s Talk about Chronic Pain (Self-advocacy, assertive communication)* (February 9, 2024) *Pain Speak: Empowering your Voice in Chronic Pain (June 5, 2024) and (June 10, 2025)</p>	<p>Movement (Continued)</p> <ul style="list-style-type: none"> • Dance for seniors (12 min video) • Simple Stretches (provided through TAPMI) • Living Engaged & Actively with Pain (Gentle Movement & Relaxation Videos) • Physical Activity (TAPMI) • Pacing Physical Activity (TAPMI) <p>* Back to Movement (February 7, 2024) * Body Mapping: Exercises to release tension from top down (Physiotherapist) (November 9, 2023) * Move to Improve: Harnessing Movement for Chronic Pain Relief (December 10, 2024) * Adapting activity when you have chronic pain (October 28, 2024) *Pacing: Moving ahead instead of Circles (November 1, 2023)</p>
<p><input type="checkbox"/> Sleep</p> <ul style="list-style-type: none"> • Sleep by Pain U Online (module) • How to Sleep Well with Pain • Sleep On It <p>* How to manage pain through better sleep (April 25, 2024) *Are you sleeping with one eye open (February 1, 2024) * Sweet Dreams, Pain (November 17, 20223) *Sleeping well despite pain (August 15, 2023)</p>	<p><input type="checkbox"/> Mindfulness</p> <ul style="list-style-type: none"> • Guided Meditation for Chronic Pain and Fibromyalgia • Mindfulness and Pain <p>* Introduction to Mindfulness (December 15, 2023) *Mindfulness and Self-Compassion for Chronic Pain (January 28, 2025) *Mindful Movement (October 23, 2023)</p>
<p><input type="checkbox"/> Nutrition</p> <ul style="list-style-type: none"> • Nutrition by LivePlanBe+ • Healthy Eating by Pain U Online <p>*Making Sense of Diet and Pain (October 11, 2023) *Mastering the Art of Food Choice (September 21, 2023) *EDS, POTS, and MCAS: Nutrition Issues and How Diet Plays a Role (May 23, 2024) *Nutrition in Chronic Pain Prevention and Management (September 13, 2024)</p>	<p><input type="checkbox"/> Other</p> <ul style="list-style-type: none"> • Indigenous Resources- Indigenous Language REhab Materials for Chronic Low Back Pain • Hope for Wellness Helpline (available to all Indigenous people across Canada) <p>*Perspectives from Women living with chronic pain (March 7, 2024) *Perspectives from Men living with chronic pain (January 25, 2024) *Fibromyalgia – more than a pain condition (November 4, 2024) * Low Back Pain (September 29, 2023)</p>

	<p>Other (Continued)</p> <p>*Unlocking Financial Support: Disability Tax credit (February 27, 2025)</p> <p>*Redefining Women’s Pain: from Misdiagnosis to Empowerment (November 5, 2024)</p>
<p> Peer Support</p> <p>Go to the Support Tab at the top of the page and click on the Peer Support Tab to view the following resources:</p> <ul style="list-style-type: none"> • People in Pain Network - 2 virtual meetings/month via Jane (2nd Tuesday 5:00-6:30 pm ET and 3rd Thursday 8:00-9:30 am ET) - Create account. https://pipn.janeapp.com/ - • All People, All Pathways (CAPSA, Substance Use) - • Pain BC (Pain Support and Wellness Groups) <p>* Empowering People Through Peer Support (July 14, 2023)</p> <p>*Strength In Connection: Peer Support for Managing Chronic Pain (February 20, 2025)</p>	

Online and Local Pain Self-Management Programs

TAPMI (tapmipain.ca)- Toronto Academic Pain Medicine Institute

- Self-help module covering topics related to pain, including goals, stress, flare-ups, activity, pacing, daily relaxation, communication, sleep
- Also available through Power Over Pain

Fibromyalgia Support Group of Winnipeg

[Fibromyalgia Support | pain management | Winnipeg](#)

Offers: Up to date medical information and Education Course

Newsletters

Monthly meetings

Lending library of books/videos

Support group meetings

Info about Aqua fit classes and other exercise programs

Free Tai Chi classes

*** Need to apply for membership- \$25 includes family membership

S.A.F.E. Chronic Pain Group

Peer Support Group for Chronic Pain

Prerequisite: Attended the Chronic Pain Self Management group (see below), Pain Clinic, or one to one intervention for self-management of chronic pain

Occurs the 2nd Thursday of the month from 2:00-3:15 p.m.

In Person at Access St. Boniface or Virtually Online

170 Goulet St. Room 394

Call 204-940-1150 and choose option 6 to register

Well4U

[Well4U | Health Management Group Program Guide | Winnipeg Regional Health Authority \(wrha.mb.ca\)](#)

Whether you've been newly diagnosed with a health condition or chronic disease that you want to manage, or your desire is to maintain, or even improve health to prevent future, or further health concerns, this 7-module online program will support you to:

- reflect on various lifestyle factors that impact your health
- identify potential areas you want to try to do differently;
- add movement into your day; and
- provide strategies to sustain your changes over time.



[Chronic Pain Self-Management | Winnipeg Regional Health Authority \(wrha.mb.ca\)](#)

This group- based course is offered to people with chronic pain throughout the year at different Access centers, see link for upcoming dates and location.

To Register: 204-938-5536

Throughout the 7 sessions you will learn about:

- Pain education (*you must attend this session in order to access all others)
- Activity pacing and planning
- Cognitive strategies and mindful awareness
- Values and goal setting
- Physical activity and lifestyle
- Communication and relationships
- Medication management



[Get Better Together / En santé . . . ensemble | Winnipeg Regional Health Authority \(wrha.mb.ca\)](https://www.wrha.mb.ca)

Get evidence-based support with in-person or virtual workshops offered once a week for six weeks for 2 ½ hours in-person and 2 hours when offered virtually.

To Register: 204-632-3927 or info@wellnessinstitute.ca

Topics covered included:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Ways to manage negative thinking
- Nutrition
- Decision making



[Craving Change / Goûter au changement | Winnipeg Regional Health Authority \(wrha.mb.ca\)](https://www.wrha.mb.ca)

Learn about what influences your food choices. Learn how to change your thinking about using food for comfort and how to make healthy changes to your eating. Classes are offered virtually and in person, see link for upcoming dates and locations.

- Craving Change is offered in either 3 or 4 classes. The content is the same.
- Lunchtime classes are shorter to accommodate daytime work schedules. In the lunch classes, there is less time for questions and discussion



[Nutrition for Busy People | Winnipeg Regional Health Authority \(wrha.mb.ca\)](https://www.wrha.mb.ca)

This class is designed for people who want to learn how to eat healthy, or for people who already know about healthy eating but find it challenging to “stick with it” in the long term. We will also address weight management, fatty liver disease, and preventing chronic diseases such as diabetes. This class is offered virtually, a recording is also available. See link for upcoming dates and for recording.



LivePlanBe - Pain BC

[LivePlanBe](#)

- A free website dedicated to helping you learn about chronic pain and the different ways of managing it.
- Library of evidence-based resources including videos, articles, audio files and webinars
- Topics include Anxiety, Communication, Complementary Therapies, Culture/Society, Depression, Emotional Well-being, Flare-ups, Goal Setting/Planning, Medications, Mind-Body Therapies, Nutrition, Paced Activities, Pain Science (Pain and the Brain), Parenting, Sleep, Relationships, Work/Finances

[LivePlanBe+ \(liveplanbeplus.ca\)](https://liveplanbeplus.ca)

A free online educational program created with the input of people living with pain and aimed at helping people with persistent pain to live better. There are learning modules with a variety of topics. You can learn at your own pace or receive personalized learning suggestions based on responses to some questions and your needs.