

June 2026

To Register, please call:

Pan Am In-Person sessions: 204-927-2609

HSC Virtual sessions: 204-787-3018 ext.6

****If you are leaving a message, please include the title/date of the workshop as well as your name, date of birth, phone number, email address. Please indicate if you are a patient of the Pan Am or HSC Pain clinic.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Reframing Exercise and Persistent Pain HSC Virtual 1:00-2:30 p.m.	2	3 Intro to Pain HSC Virtual 11:00a.m.- 12:00 p.m.	4 Self Compassion and Communication in Pain Management Pan Am In-Person 1:00-2:30pm	5
8	9 Intro to Pain Care HSC Virtual 1:00-2:00 p.m.	10 Intro to Pain Pan Am In-Person 1:00-2:30 p.m. Self-Compassion for Persistent Pain HSC Virtual 10:00-11:30 a.m./ Low Energy and Persistent Pain HSC Virtual 1:00-2:30 p.m.	11	12
15	16 Understanding Low Back Pain HSC Virtual 1:00-2:30 p.m.	17 Better sleep for Chronic Pain (Session 3 of 3) HSC Virtual 1:00-2:30 p.m.	18 Understanding Low Back Pain Pan Am In-Person 1:00-2:30 p.m. Communicating with Persistent Pain HSC Virtual 1:00-3:00 p.m.	19
22 Intro to Pain Care HSC Virtual (EVENING) 6:30-7:30p.m.	23	24	25	26
29	30			