

Persistent Pain Patient Resources

Power Over Pain Portal - Webinars and Educational Resources

Access the website through this link: <https://poweroverpain.ca/>

- To access various pain resources (articles, videos, courses, podcasts), click on the “Information Hub” drop down menu at the top of the page. Select “Resources”. You can then filter the resources by clicking on the categories on the left side of the page.
- To access workshops, click on the “Events” Tab at the top of the page and select “Calendar”. This will take you to the calendar of upcoming workshops being offered. To register for a session, click on the session on the calendar and you will be asked to input your information. You will need to create a free account. A link to the workshop will be emailed to you ahead of time.
- Recorded workshops can also be viewed at any time. To do this, go to “Recordings” under the “Events” tab. This will take you to all the past recorded workshops. You can filter the workshops by topic by clicking on the categories at the top of the page.
- For more detailed instructions, please click on the “Watch: Welcome Message and Portal Walkthrough” on the Home page.

TAPMI - Toronto Academic Pain Medicine Institute

[Toronto Academic Pain Medicine Institute \(TAPMI\) - Toronto Academic Pain Medicine Institute \(TAPMI\)](#)

- Self-help modules covering topics related to pain, including goals, stress, flare-ups, activity, pacing, daily relaxation, communication, sleep

Fibromyalgia Support Group of Winnipeg

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

Offers: Up to date medical information and Fibromyalgia Education Course

Includes Newsletters, Monthly meetings, Lending library of books/videos, Support group.

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

WRHA Health Management Group Programs

[Health Management Group Program Guide | Winnipeg Regional Health Authority](#)

These are health management and chronic disease management courses offered within the WRHA by interdisciplinary members of the My Health Teams and other community partners.

Topics include COPD, Smoking Cessation, Long COVID, Diabetes Management, Physical Activity, Nutrition, Brain Health, and more.

These sessions are offered live online or in person and are free of charge. Pre-recorded sessions are available for some of the programs and can be viewed at any time. Partners and support persons are also welcome to attend. Use the above website to find session dates and locations.

Well4U Well4U Chronic Disease Management Program

[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.

WRHA Chronic Pain Self-Management Course

[Chronic Pain Self-Management | Winnipeg Regional Health Authority \(wrha.mb.ca\)](https://www.wrha.mb.ca/chronic-pain-self-management)

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

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

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



LivePlanBe - Pain BC

[LivePlanBe](#)

- A free website out of British Columbia 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+ \(liveplanbeplus.ca\)](#)

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.