



## **Current Workshops Offered by the Manitoba Pain Care Program 2026**

The following is a list of our currently offered workshops within the Manitoba Pain Care Program. These workshops are intended for patients of the Manitoba Pain Care Program. These workshops are offered in continual rotation throughout the year. Some of these workshops have the option of attending either virtually through Health Sciences Centre (HSC) Pain Clinic or in-person at Pan Am Clinic.

- If you are interested in attending any of the following in- person sessions at Pan Am Clinic, please contact one of our front desk staff at 204-927- 2609 to confirm your attendance. These sessions will be held in the Main Floor Conference Room of Pan Am Clinic and are presented as a Power point presentation on a screen. We welcome the attendance of one support person (eg. A spouse, family member, or close friend).
- If you are interested in registering for one of the following sessions virtually through HSC Pain Clinic, please call 204-787-3018 ext. 6.
- Please include your name, date of birth, phone number, email address, and title and date of workshop, and pain clinic location (where you see your pain clinic doctor).

You will find a description of the workshops on the following pages.

For the Pan Am Clinic workshops, you may print off/download the slides for the workshops at:

<https://www.panamclinic.org/patients-visitors/patient-resources>

## **THE FOLLOWING WORKSHOPS ARE SINGLE-SESSION WORKSHOPS:**

### **Intro to Pain Care**

This 90-minute session provides an overview of what chronic pain is, how the body interprets pain, and aims to help you understand your pain and what you can do about it. This session covers the basics of pain care and introduces the Pain Clinics and resources available to patients through the Manitoba Pain Care program.

**\*\*This session is strongly recommended for patients who are new to pain management clinics, and before attending further workshops, as it provides introductory information that is foundational to pain care. After attending Intro there is an interdisciplinary care planning appointment you may choose to schedule\*\***

### **Pacing Activity for Low Energy and Pain (In-Person and Virtual)**

Low energy and persistent pain often go hand in hand, making it hard to do the things you need and want to do in a day. In this workshop you will learn about strategies for gradually increasing your activity. Learn strategies for managing your energy in a way that will help reduce pain flares and allow you to do the things that you need and want to do.

### **Reframing Exercise with Persistent Pain (In-Person and Virtual)**

Exercise is an important part of managing your health but how can you exercise when you are experiencing persistent pain? In this workshop you learn about how you can increase your activity levels in a safe and effective way. Resolve some common myths about exercise and pain and learn how exercise can help to manage your pain and improve your function and quality of life.

### **Managing Stress with Persistent Pain (In-Person and Virtual)**

Stress is a normal occurring part of our life but how does chronic stress influence your pain? In this workshop you learn the effects that stress has on our bodies, our minds, and our overall well-being. Then learn some stress management strategies that you can implement in your life to reduce the impact of stress on your overall well-being.

## **ACTing on Persistent Pain (In-person and Virtual)**

Acceptance and Commitment Therapy (or ACT) is a non-traditional approach that teaches mindfulness and acceptance skills for facing our struggles with problematic thoughts, emotions, and physical sensations, including pain, in a more flexible way. It helps us to let go of using the same old quick-fix strategies that haven't worked for us in favor of new strategies that help us to live more effectively in the long run. In this workshop, you will learn practical strategies that will allow you to break free from persistent pain and reclaim a way of life that is more vital, meaningful, and purposeful. **There is an option to participate in an 8-week skills-based ACT group after attending this workshop.**

## **Getting Started with Self- Compassion (Virtual)**

This workshop was created for patients who are hard on themselves or become frustrated easily. In this session, you will learn about self-compassion, how it relates to overall health and well-being, including persistent pain.

This workshop gives basic ways to identify when self-compassion is needed and provides strategies to integrate into your daily life. **There is an option to participate in an 8-week skills-based Self-Compassion group after attending this workshop.**

## **Communication Strategies for Persistent Pain (Virtual)**

Persistent pain is an invisible condition. This means that it is important to be able to communicate your experience to others so they can better understand what you are going through. This workshop talks about what effective communication looks like, specifically as it relates to people with persistent pain. It also discussed how improved communication skills can reduce stress, strengthen relationships with others, and lead to an improved quality of life.

## **Soothing the Self, Connecting With Others: Self Compassion and Communication in Pain Management (In-Person)**

This workshop is a combination of the Self-Compassion and Communication workshops and is offered at Pan Am Clinic in person.

## **Pain Reprocessing Therapy (PRT) (Virtual only)**

This workshop is for people who would like to better understand their pain and how the nervous system changes with chronic pain. This workshop teaches what pain reprocessing therapy is, goes over the science of what pain is and what happens in our bodies when pain becomes chronic. The workshop then teaches exercises to help regulate and retrain the nervous system to decrease the overall impact of chronic pain. **There is an option to participate in an 8-week skills-based PRT group after attending this workshop.**

## **Understanding Persistent Low Back Pain (In-person and Virtual)**

Chronic low back pain is one of the most common and frustrating health issues—yet it's often misunderstood and mistreated. This workshop is designed to empower people living with back pain through education, practical strategies, and hope. We'll explore how common back pain really is—and why you're not alone. What imaging and diagnoses do and don't tell us. The myths and outdated ideas that keep people stuck in pain. How to shift from "pain management" to functional recovery and moving forward. This workshop is about replacing fear with knowledge, hope, and action. You'll leave with a better understanding of your pain—and a clearer path to recovery.

## **THE FOLLOWING ARE VIRTUAL MULTI-SESSION SKILLS GROUPS, OFFERED VIRTUALLY THROUGHOUT THE YEAR:**

### **Better Sleep for Chronic Pain (3 sessions) (Virtual only)**

Many individuals that experience persistent pain also face difficulties with sleep. In this workshop you will learn valuable information and practical strategies that have been shown to be helpful for individuals experiencing sleep difficulties who also experience persistent pain.

## **“RECLAIM” Pain Self- Management Group (In-Person)**

This is a six- week interactive skills- based group that focuses on developing pain management skills in a variety of areas. The topics covered over the 6 weeks include Understanding Pain and Pain Beliefs, Values and Goals, Pacing and Self-Compassion, Physical Activity and Flare-Up Management, Stress Management and Communication, and Barrier Planning and Relapse Prevention.

### **The following outlines privacy considerations related to group education sessions.**

Your privacy is important to us.

This session is an online group education session. In the session there will be 1-2 session leaders and several participants. As this is a group session you should know that:

- Your attendance is voluntary.
- To attend our online sessions, you must be located in Manitoba.
- These sessions provide general information and education for all people living with chronic pain and evidence-based management strategies.
- There will be people in the session that you have never met.
- Anything you choose to say to the group can be heard by everyone in the session. Anything you type in the session chat will be visible to others and may be saved after the session.
- Please be respectful of other people’s right to privacy. If you see someone you recognize, or hear something that is someone’s personal information, do not discuss this with others outside of the session.
- Due to privacy considerations in a group appointment, recording of this appointment is strictly prohibited.
- You will not be required to provide personal medical information during the session.
- All people in the session will be able to see your name as you typed it when you joined the session.
- If the session includes poll questions, only you will know what your answers were.

Call us at 204-787-3018 ext. 6 if you have any further questions or concerns.

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