

September 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, and email address. Please indicate if you are a patient of the Pan Am or HSC Pain Clinic.**

Monday	Tuesday	Wednesday	Thursday	Friday
31 Reframing Exercise and Persistent Pain HSC Virtual 1:00-2:30 p.m	1	2 Intro to Pain Care HSC Virtual 1:00- 2:00 p.m.	3	4
7 LABOUR DAY	8	9 Pacing for Low Energy and Pain HSC Virtual 1:00- 2:30 p.m.	10 Reframing Exercise with Persistent Pain Pan Am In-Person 1:00-2:30 p.m.	11
14	15 Managing Stress HSC Virtual 10:00 a.m.-12:00 p.m.	16 Intro to Pain Care HSC Virtual 6:30- 7:30 p.m. (EVENING SESSION)	17 Managing Stress Pan Am In-Person 1:00-2:30 p.m.	18
21 Self- Compassion and Communication for Pain HSC Virtual 10:00- 11:30 a.m.	22 Understanding Back Pain HSC Virtual 1:00-3:00 p.m.	23 Intro to Pain Care Pan Am In-Person 1:00-2:30 p.m. Intro to Pain Care HSC Virtual 11:00 a.m.-12:00 p.m.	24 Pacing for Low Energy and Pain Pan Am In-Person 1:00-2:30 p.m. Intro to Pain Reprocessing Therapy HSC Virtual 1:00-3:00 p.m.	25
28	29	30 TRUTH AND RECONCILIATION DAY		

October 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Reframing Exercise and Persistent Pain HSC Virtual 1:00-2:30 p.m/ ACTing on Persistent Pain HSC Virtual 10:00 a.m. - 12:00 p.m.	6 Better Sleep for Pain HSC Virtual 1:00- 2:30 p.m. (Session 1 of 3)	7	8 ACTing on Persistent Pain Pan Am In-Person 1:00- 2:30 p.m.	9
12 THANKSGIVING DAY	13 Better Sleep for Pain HSC Virtual 1:00- 2:30 p.m. (Session 2 of 3)	14 Intro to Pain Care Pan Am In-Person 1:00-2:30 p.m. Pacing for Low Energy and Pain HSC Virtual 1:00- 2:30 p.m.	15 Understanding Back Pain Pan Am In-Person 1:00-2:30 p.m.	16
19	20 Understanding Back Pain HSC Virtual 1:00-2:30 p.m.	21	22 Self-compassion and Communication for Persistent Pain Pan Am In-Person 1:00- 2:30 p.m.	23
26	27	28	29 Intro to Pain Reprocessing Therapy HSC Virtual 1:00-3:00 p.m.	30

November 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Reframing Exercise with Persistent Pain HSC Virtual 1:00- 2:30 p.m.	4 Intro to Pain Care Pan Am In-Person 1:00-2:30 p.m Pacing for Low Energy and Pain HSC Virtual 1:00- 2:30 p.m.	5	6
9 Self- Compassion and Communication for Pain HSC Virtual 10:00 a.m.-12:00 p.m.	10 Better Sleep for Pain HSC Virtual 1:00-2:30 pm. (Session 3 of 3)	11 REMEMBRANCE DAY	12 Reframing Exercise with Persistent Pain Pan Am In-Person 1:00- 2:30 p.m.	13
16	17 Understanding Back Pain HSC Virtual 1:00- 3:00 p.m.	18	19 Managing Stress Pan Am In-Person 1:00-2:30 p.m	20
23 Managing Stress HSC Virtual 10:00 a.m.-12:00 p.m.	24	25 Intro to Pain Care Pan Am In-Person 1:00-2:30 p.m	26 Pacing for Low Energy and Pain Pan Am In-Person 1:00-2:30 p.m. Intro to Pain Reprocessing Therapy HSC Virtual 1:00- 3:00 p.m.	27
30				

December 2026

To Register, please call:

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 ACTing on Persistent Pain Pan Am In-Person 1:00- 2:30 p.m.	4
7 ACTing on Persistent Pain HSC Virtual 10:00 a.m- 12:00 p.m.	8	9 Pacing for Low Energy and Pain HSC Virtual 1:00- 2:30 p.m.	10 Understanding Back Pain Pan Am In-Person 1:00-2:30 p.m.	11
14	15	16 Intro to Pain Care Pan Am In- Person 1:00-2:30 p.m.	17 Self-compassion and Communication for Persistent Pain Pan Am In-Person 1:00-2:30 p.m.	18
21	22	23	24	25 CHRISTMAS DAY
28	29	30	31	