



ONLINE MANAGING PAIN GROUP

Join our Pain Group where individuals experiencing chronic pain come together to share their experiences, coping strategies, and emotional support. In a safe and understanding environment, members have the opportunity to connect with others who truly comprehend the challenges of living with persistent pain.

We'll discuss managing symptoms, navigating healthcare systems, and improving your quality of life. The group aims to empower its members by fostering a sense of belonging, reducing feelings of isolation, and providing practical advice and emotional comfort. The peer support pain group is dedicated to enhancing the wellbeing and resilience of its members.

The group runs fortnightly on Wednesdays 11am-1pm

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

A place of positivity

Regular attendance welcome

For ages 16+

FREE to attend

