

Alberta Virtual Pain Program Workshops



Primary Care
Alberta

The Alberta Virtual Pain Program is pleased to now be offering several workshops and peer support sessions for people in Alberta living with chronic pain. Please see below for more information. **All sessions are delivered online using Zoom and will be documented as a patient appointment.** A minimum number of registrants is required for each session to run. Additional workshop topics are under development, and new dates will continue to be added based on interest using the same registration links.

People over Pain: Bridging Connections

Are you interested in staying connected with other people living with chronic pain? You can attend Peer Support Groups offered directly through the Alberta Virtual Pain Program.



Peer Support Group: Virtually connect with others experiencing chronic pain. Share your thoughts, ideas, and feelings in a non-judgmental and safe space in **one-hour sessions**.

To see available dates and times of upcoming sessions, and to register, please visit

[here](#) or use the QR code. You may use this link to register for as many sessions as you need.

Pain Speak: Effective Communication Using DEARMAN Skills

In this interactive **90-minute workshop**, you will learn about effective communication, the relationship between pain and communication, and different styles of communication. We will build on using an assertive communication approach with a tool called DEARMAN. In a supportive environment, you will have the option to practice using DEARMAN in one of three scenarios:



communicating with a healthcare provider, a loved one, or in the workplace.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.





Substance Use Health Workshop

In this **one-hour workshop**, participants will develop an understanding of the relationship between chronic pain and substance use, and the shame and stigma that often accompany it. We will also explore how Substance Use Health occurs across a spectrum. Resources will be provided for those who wish to learn more or to gain support.



To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code

Fostering Connections Workshop: Identifying & Engaging in Connection Opportunities for People Living with Chronic Pain

This **two-session workshop (90 minutes each)** is for individuals living with chronic pain and seeking to engage in meaningful connections within their community. The first session will



help participants identify their core values and learn how to use the same to select meaningful & manageable connection opportunities. In the second session, participants will reflect on their experience of engaging in one connection, discuss how to evaluate whether a connection is helpful or unhelpful and how to navigate both.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.

Principles of Using Medication for Pain Management

This **one-hour workshop** is led by a pharmacist. The first half of the session involves prepared content about 4 key principles of medication use for pain. The second half of the session



involves an open question and answer session for participants to ask questions and share experiences.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.

Habit Shift: Create Lasting Change





A Step-by-Step Guide for People Living with Chronic Pain

Are you thinking of making a change to help you live better with chronic pain? This **three-session workshop (one hour each)** is designed for people who are ready to make positive

changes in their lives. These sessions will give you the tools and support you need to change your habits and improve your quality of life. This workshop series is designed for participants who are ready to make a change and are committed to improving their lives.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.



Exploring Intimacy with Chronic Pain

Intimacy is an area that is often impacted by living with chronic pain and is not easily talked about. In this **90-minute workshop**, we will explore what intimacy means to you and

provide strategies to increase your ability to communicate about and participate in your personal intimacy practices. This group will include discussions around intimacy, relationships, emotional connection, and personal experiences. Please note we will not be discussing previous trauma in this group. This group is open to women and people who identify as women.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.



Navigating Supports and Budgeting with Chronic Pain

Living with chronic pain can create ongoing financial challenges that affect everyday life. This patient-focused **"Navigating supports and budgeting with chronic pain"** workshop will help you understand the financial impacts of chronic pain, explore support programs and resources available in Alberta, and learn budgeting tips to help you feel more in control.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.





Energy: A Science-based Approach to Managing Fatigue

In this 60-minute interactive workshop, participants will learn about the relationship of fatigue and chronic pain, and the role of the nervous system in conserving energy. The two parts of the autonomic nervous will be explored. Heart rate variability (HRV) and mitochondrial health will be explained in the context of fatigue and energy, and

strategies to optimize HRV and mitochondria will be discussed. Participants will engage in a breathing practice as one way to help increase HRV and mitochondrial health.

Additional resources will be provided at the end of the workshop.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.



Nutrition for Chronic Pain

Join us for an interactive group workshop that looks at the connection between nutrition and chronic pain. Developed and facilitated by Registered Dietitians, this 90 minute session explores how eating patterns and key nutrients can influence pain management, dispels common nutrition myths, and supports participants in setting realistic and personalized goals. This class is designed

to empower individuals living with chronic pain by providing practical, evidence-based nutrition strategies that support long-term wellness.

To see available dates and times of upcoming sessions, and to register, please visit [here](#) or use the QR code.



The Alberta Virtual Pain Program Power Over Pain Events

You are also encouraged to check out the various virtual Events hosted by Power Over Pain. To see available dates and times of upcoming sessions, and to register, please visit: [Events | Power Over Pain Portal](#)

