



# Chronic Pain Group

Struggling with chronic pain? Join us for this seven week education and support group. This group uses CBT and mindfulness skills to help you take an active role in creating a pain management plan.

**Starts Tues Feb 12<sup>th</sup> 6pm – 8pm**

**To Register: 705-434-5140      [mmcgill@smhosp.on.ca](mailto:mmcgill@smhosp.on.ca)**

Mary McGill Community  
Mental Health Program

