

Comox Valley Nursing Centre Chronic Disease & Pain Management

Last updated January 2022

If you are interested in any of the following classes, please call or email for more information.

All groups require an active Chronic Pain Program referral with the exception of the Support Group

All groups are currently offered via Zoom. Groups will resume in-person as permitted

Comox Valley Nursing Centre Chronic Pain Support Group

A monthly meeting to share strategies and support in the pursuit of wellness while living with chronic pain. Open to anyone who struggles with chronic pain. Please call to register.

Ongoing: third Monday of every month from 1:30-2:30pm, program referral not required.

Chair Yoga

A gentle chair yoga series of 4 classes with pose modifications to allow for participation by anyone. Initial classes will focus on breath, body awareness and the sensation of effortless movement. Following classes will build on this foundation to develop strength, confidence and enjoyment with body movements and positioning.

Wednesdays 1:30-2:30pm

Making Sense of Pain, PainBC

An 8 week facilitated, strength-based course developed by PainBC. The program provides access to best practice pain self-management information, resources and strategies.

Tuesdays 2-4pm

Breathing & Relaxation

This 6 week series progresses from basic breath awareness to various techniques for promoting relaxation and resilience.

Wednesdays from 3-4pm

Upcoming in 2022: Making Peace with Sleep, Mindfulness Based Cognitive Therapy
for Chronic Pain

CALL (250)331 8502 or
EMAIL CVNCCDM@viha.ca for more information.

