



**POWER
OVER PAIN
PORTAL**

September Workshops

****Register by clicking on “save my spot” ****

EN

Sep. 3rd 3:30 p.m. EST

INTRODUCTION TO MINDFULNESS AND OTHER MEDITATION

Explore how mindfulness and meditation can become empowering allies in your chronic pain management

[Save my spot](#)



EN

Sep. 9th 12:00 p.m. EST

POWER OVER PAIN PORTAL ORIENTATION SESSION

What is pain and why do we feel pain
How to create an account and track your progress
Resources on the Portal and privacy/confidentiality

[Save my spot](#)



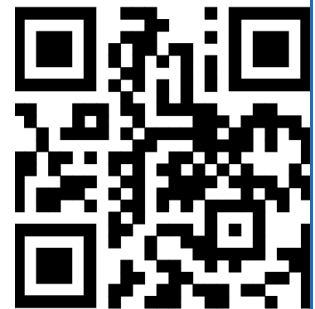
EN

Sep. 13th 12:00 p.m. EST

NUTRITION IN CHRONIC PAIN PREVENTION AND MANAGEMENT: AN OPPORTUNITY TO INCREASE CONNECTION AND EMPATHY

Insight into a dietician’s lived experience, and how it made her a better healthcare provider
Current evidence on how nutrition and foods impact pain and vice versa
Examples of how to move research/ evidence to action in daily life.

[Save my spot](#)



EN

Sep. 17th 12:00 p.m. EST

HOW ENCOUNTERS WITH HEALTH PROFESSIONALS REITERATES EXPERIENCES OF COLONIALITY FOR NEWCOMER REFUGEES

Decolonial analysis of the psychological impacts of pain disparities by discussing the results of a community -based research study on encounters with health professionals by refugee newcomers, living in British Columbia

[Save my spot](#)





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September Workshops

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Sep. 18th 6:30 p.m. EST

POWER OVER PAIN PORTAL ORIENTATION SESSION

EN

What is pain and why do we feel pain
How to create an account and track your progress
Resources on the Portal and privacy/confidentiality

Save my spot



Sep. 24th 3:30 p.m. EST

PAIN & TRAUMA

EN

How trauma can impact the body and the mind and
contribute to chronic pain
Ways to decrease the impact of trauma for better health
and well-being.

Save my spot



Sep. 26th 6:30 p.m. EST

CHRONIC PAIN AND ITS MISCONCEPTIONS

EN

A panel discussion by people living with chronic pain for
people living with chronic pain

Save my spot

