



**POWER
OVER PAIN
PORTAL**

March Workshops

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

Mar. 5th 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](#)



Mar. 10th 12:00 p.m. EST

MANAGING PAIN AFTER SURGERY: THE INTERACTION BETWEEN PAIN, SELF-HYPNOSIS, AND OPIOID USE

Connections between self-hypnosis, opioid use, and pain management in the surgical setting
How self-hypnosis techniques can reduce anxiety, manage pain, and need for opioids post-surgery

[Save my spot](#)



Mar. 18th 1:00 p.m. EST

LONELINESS, ISOLATION, AND CHRONIC PAIN

Social isolation and loneliness in the context of chronic pain
Strategies to navigate these challenges by discussing ways to grow our social network, engage in activities that make sense, are adaptive and doable for you

[Save my spot](#)



Mar. 31st 1:00 p.m. EST

HEADACHE HELP: UNDERSTANDING AND MANAGING TENSION-TYPE PAIN

Exploring tension-type headaches and chronic pain
Causes behind these common headaches, treatment options including medications and behavioral strategies, and practical tips to help you manage symptoms effectively

[Save my spot](#)





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April Workshops

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

Apr. 1st 1:00 p.m. EST

EXPLORING MINDFULNESS: FOUNDATIONS OF MEDITATION

Fundamentals of mindfulness and other meditation techniques
Practical tools to help manage chronic / persistent pain
Harnessing the power of the mind-body connection, providing strategies to improve your quality of life

Save my spot



Apr. 8th 12:00 p.m. EST

PAIN UNCOVERED: EXPLORING THE BRAIN’S ROLE IN CHRONIC PAIN MANAGEMENT

Complex neuroscience of chronic pain, how pain is processed in brain, why it can persist after physical healing
Roles of neural pathways, central sensitization, brain plasticity, chronic pain’s impact on the body and mind, approaches for effective pain management

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

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April Workshops

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Apr. 16th 12:00 p.m. EST

CHRONIC PAIN AND SEXUALITY - BETTER UNDERSTANDING TO BETTER ADAPT

Sexuality in the context of chronic pain and how one's condition can affect experience of sexuality

Save my spot



April 25th 12:00 p.m. EST

DIGITAL CHRONIC PAIN RECOMMENDATION MAP: EMPOWERING PEOPLE WITH LIVED EXPERIENCE AND HEALTH CARE PROVIDERS

A free, online tool called the Chronic Pain Recommendation Map (RecMap)

Provide clear, trustworthy guidance on opioids, medical cannabis, and spine-related procedures for chronic pain

Save my spot



April 28th 1:00 p.m. EST

THE PAIN-MOOD CONNECTION: UNDERSTANDING THE INTERPLAY BETWEEN CHRONIC PAIN & MENTAL HEALTH

Science behind chronic pain and mood disorders

Gain valuable insights into the complex and often overlooked relationship between pain and mental health

Save my spot





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May Workshops

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

May 6th 12:00 p.m. EST

DECONSTRUCTING CANNABIS

Fundamentals of cannabis, including its potential benefits, risks, and practical tips for optimizing dosing
Evidence-based insights and a supportive space for learning

Save my spot

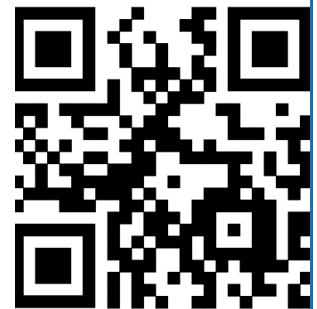


May 7th 2:00 p.m. EST

SUPPORTING SUBSTANCE USE HEALTH

Develop an understanding of the relationship of chronic pain and substance use
Shame and stigma that often accompany it
Explore how Substance Use Health occurs across a spectrum

Save my spot



May 8th 12:00 p.m. EST

EXERCISE WITH CHRONIC / PERSISTENT PAIN

Address common concerns about exercising with chronic or persistent pain
Learn safe and effective strategies to stay active while minimizing the risk of flare-ups
Discover practical tips to confidently incorporate movement into your daily life, tailored to your unique needs

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May 14th 12:00 p.m. EST

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May Workshops

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

May 21st 12:00 p.m. EST

NAVIGATING CHRONIC PAIN IN SICKLE CELL: EMPOWERING STRATEGIES FOR BETTER LIVING

Join us for an interactive workshop exploring practical strategies to manage chronic pain in sickle cell disease. This session will provide insights into self-management, coping techniques, and available resources to improve daily living.

[Save my spot](#)



May 26th 1:00 p.m. EST

HEALING THROUGH AWARENESS: PAIN, TRAUMA & RESILIENCE

Explore the deep connection between past trauma and chronic pain. How unresolved trauma can manifest physically, contributing to persistent pain, and discover practical strategies to build resilience and reclaim control over your well-being.

[Save my spot](#)





June Workshops

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

June 4th 2:00 p.m. EST

IMPROVE YOUR SLEEP

Achieve better sleep despite the challenges of chronic pain
Practical strategies, explore relaxation techniques, and discover tools to create a sleep-friendly environment

[Save my spot](#)



June 10th 2:00 p.m. EST

PAIN SPEAK: EMPOWERING VOICES IN CHRONIC PAIN

Provide participants with communication tools that can help improve communication about chronic pain with health care providers, with loved ones, and with employers

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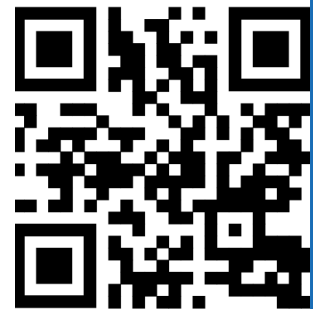


June 16th 1:00 p.m. EST

HOW TO MODIFY ACTIVITY FOR CHRONIC PAIN MANAGEMENT

Practical strategies to adapt activities while living with chronic pain
How to conserve and increase your energy, explore tools and devices designed to ease daily tasks, and learn time management techniques to help you stay productive

[Save my spot](#)



June 25th 12:00 p.m. EST

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