

Online Program -
Power Over Pain Portal



Bridge the gapp

nl.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.




**POWER
OVER PAIN
PORTAL**

The **Power Over Pain Portal** is a set of curated tools and resources designed to improve access to pain care for youth and adults living with pain, family members, caregivers and healthcare providers.

One-stop Shop of Pain Management Resources & Support


- Pain education
- Self directed courses
- Peer navigation and support
- Live educational workshops
- Symptom tracking
- Individual counselling

Power over pain is possible!



POWER OVER PAIN PORTAL FOR YOUTH

Access Youth Portal here



POWER OVER PAIN PORTAL

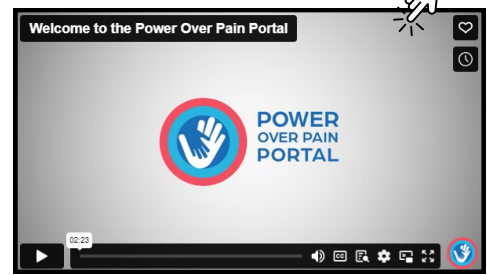
Access Adult Portal here

Creating an account is not required, but an account will allow you to:

- Access self-directed courses
- Complete self-assessments
- Receive a summary of results to track your progress
- Obtain resource suggestions

Start anywhere with the resources and explore what you think will be most helpful to you.

www.poweroverpain.ca



LEARN MORE



VISIT OUR WEBSITE

nl.bridgethegapp.ca
Adult or Youth, Online Programs, or scan the code

FREE WEBINAR

Join Us

**Power Over Pain Portal Webinar
Thursday, May 23**

REGISTER NOW

11:00 AM - 12:00 PM NST
10:30 AM - 11:30 AM AST

