

**\*PROVINCIAL VIRTUAL GROUP\***

# MINDFULNESS- BASED CLASS FOR CHRONIC PAIN



## WHAT IT IS

This group is designed to help people learn skills to cope with chronic pain.

Participants will learn skills to manage the difficult emotions, losses, and social challenges that arise from its experience.

## SKILLS

Participants will learn how to bring mindfulness, and other evidence-based skills, into their daily lives. Mindfulness is a practice of paying attention to present experience with curiosity, kindness and non-judgment, then responding skillfully. Benefits come from daily practice during and after the eight week class.

## WHAT TO EXPECT

- \*NON-JUDGEMENTAL SPACE**
- \*DAILY PRACTICE**
- \*LEARNING NEW SKILLS**
- \*SKILLED FACILITATORS**

## DETAILS

### Wednesdays

**February 5 - March 26, 2025**

**(8 weeks)**

**10:30 am – 12:00 pm  
(island time)**

**Virtually - via Zoom**

TO REGISTER EMAIL  
**NLGROUPS@NLHEALTHSERVICES.CA**

**FACILITATORS:**  
DR. KEITH VOKEY (MD)  
SAMANTHA ASH (OT)

