



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Empowered Relief®

A free 2.5-hour evidence-based session for people living with pain. This session teaches you practical skills using cognitive behavioural therapy (CBT) and mindfulness techniques to help you better manage pain, reduce stress, and improve your quality of life.

What participants will learn:

- Learn how thoughts, feelings, and stress can affect how we experience pain
- Recognize and change thoughts that may make pain or stress feel worse
- Practice mindfulness, relaxation, and calming techniques to help manage pain and stress
- Create a personal plan with strategies that work best for you
- Build confidence using proven tools to take an active role in managing pain
- Explore ways to improve pain levels, sleep, and overall health and well-being



UPCOMING WORKSHOP

Friday

January 15, 2027

9:30am- 12:00pm

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

For more information or to register, visit wwwselfmanagement.ca or call 1-866-337-3318

Open to all participants 18 and older.

Family members and caregivers are welcome to register and attend.

Included with your participation:

FREE access to a binaural audio app



**Empowered
Relief®**

Train your brain away from pain