

Our Pathways to Health Chronic Pain Self-Management workshop schedule

To enroll in one of our free workshops,
please contact

Aligning Forces Humboldt (707) 445-2806

The Chronic Pain Self-Management workshops are tailored to individuals whose primary concern is chronic pain. Chronic Pain Self-Management workshops are independent of the normal Chronic Disease Self-Management workshops. The two and a half hour long workshops meet one day a week for six weeks. Each week is focused specifically on evidence based tactics to help individuals better manage their pain with topics such as: understanding acute vs. chronic pain, understanding the pain & symptom cycle, learning about exercises & active living techniques for people experiencing chronic pain, managing pain without medication, understanding medications that treat chronic pain, working with providers, and communicating about chronic pain. Please see the following list of workshops and call to register for one near you!

Date & time	City	Location
February 5th-March 12th Wednesdays, 2:00-4:30 p.m.	McKinleyville	The Church on the Rock
April 28th-June 9th Mondays, 12:30-3:00 p.m.	Eureka	Saint Joseph Hospital Conference room 1
July 16th-August 20th Wednesdays, 12:00-2:30 p.m.	Fortuna	TBD

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