

Our mission:

We understand that managing chronic conditions is challenging.

It is our hope that we can provide you with the resources, knowledge and tools to manage successfully.

We will work collaboratively with you to improve your quality of life by supporting you in meeting your goals.

We strive to help you to do this through a team approach that focuses on strengths and self-management skills.

Welcome to a unique health centre. We believe in creating partnerships between clients, their support systems and health care professionals.



Chronic Pain Resources

For more information visit:

Program websites

islandhealth.ca/our-locations/nursing-centre-locations/comox-valley-nursing-centre

islandhealth.ca/learn-about-health/pain-pain-management/chronic-pain-resources

PAIN BC

painbc.ca

Self-Management BC

<https://www.selfmanagementbc.ca/>

HealthLink BC

<https://www.healthlinkbc.ca/>



**615 Tenth Street,
Courtenay,
BC V9N 1R2**

Tel: 250)-331-8502

Fax: 250-331-8503

Comox Valley Nursing Centre Chronic Disease and Chronic Pain Program





Team based care to support you in self-management of chronic conditions.

How to access this program:

Request a referral from your primary care provider or family doctor.*

Health care providers please refer using the Comox Valley Community Referral Form.

*If you do not have a primary care provider you may self-refer. Please call us for more information.

Meet our team!

Our **Administrative Assistant** will be happy to book you into appointments, answer questions and help you to navigate our program.

Our **Social Worker** is available to provide practical and emotional support such as individual counselling; education and connection to community resources and assistance navigating practical barriers to wellness.

Our **Registered Nurse** can assist you to identify goals and build care plans, to identify referrals and resources, to answer questions regarding navigating the medical system and to guide you as you move through our program.

Our **Physiotherapist** works to identify strategies to help you move in manners that will not aggravate your pain. Group sessions covering topics such as pacing and movement are available.

Consultations with a chronic pain physician, pharmacist and dietitian are also available. We refer to Mental Health and a variety of community resources as required.

Class Offerings

Making Sense of Pain: an 8 week strength-based course developed by PainBC and facilitated by the team. This program provides up to date pain information, resources and self-management strategies for people in pain.

Comox Valley Nursing Centre Chronic Pain Support Group: a monthly meeting to share strategies and support in the pursuit of wellness while living with chronic pain. Meets the second Monday of every month from 2 to 3pm over Zoom. Please call to sign up.

Gentle Yoga for Chronic Pain: a 4 week series of gently progressing yoga classes performed with the support of a chair. Emphasis is placed on body awareness, breathing, mindful movement and exploring the availability of comfortable movements and the edges of discomfort (and playing with those edges).

Groups in development: Relaxation & Breathing, Making Peace with Sleep, Mindfulness for Chronic Pain