PINE REST CHRISTIAN MENTAL HEALTH SERVICES

Reclaim Your Life: How To Manage Chronic Pain

Chronic pain can affect the decisions you make and the very quality of your life. It can impact your ability to function and cause you to lose control of your pain. Pine Rest Christian Mental Health Services is offering "Reclaim Your Life: How to Manage Chronic Pain," a program to help you manage your pain and regain control over your quality of life.

This class will help you:

- Learn ways to manage your every day pain
- Explore ways to combat fatigue to improve your quality of life
- Gain self confidence and the ability to do more things
- Use relaxation as a pain reducer
- Avoid allowing your pain to ruin your relationships
- Use the top three Pain Management Principles to improve your functioning level
- Get support from other individuals who can directly understand your experience of pain

General Information:

The pain groups will be held Fridays from 11:00 a.m. -12:30 p.m. (Advanced) and 1:00 p.m. – 2:30 p.m. (Beginning.) Group starts September 6th through November 1st. The cost of each group session (9 sessions) is $56. An initial evaluation is required if you plan to use your insurance. Financial assistance is available.

Groups will be held at:

Pine Rest Des Moines Clinic
6200 Aurora Avenue
Suite 401 E
Urbandale, IA 50322

Participants can purchase a copy of the ***Pain Survival Guide*** available online and in bookstores.

Barb Graham, LISW is the group facilitator.

For questions or registration please call 515/331-0303.

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