

8-WEEK VETERANS PAIN SELF-MANAGEMENT PROGRAM

A PRACTICAL, SKILLS-BASED PROGRAM TO HELP VETERANS BETTER UNDERSTAND AND MANAGE PAIN, IMPROVE FUNCTION, AND ENHANCE QUALITY OF LIFE.

-  FOR VETERANS
-  COVERED UNDER BLUE CROSS
-  DELIVERED VIRTUALLY
From the comfort of home

WEEK 1



UNDERSTANDING PAIN

Learn how pain works and the many factors that influence it.

WEEK 2



UNDERSTANDING TRAUMA AND PAIN

Explore the connection between trauma, the nervous system, and pain.

WEEK 3



BRIEF ACTION PLANNING

Set meaningful goals and take small, realistic steps forward.

WEEK 4



COMMUNICATING YOUR PAIN

Build confidence in communicating your needs and boundaries.

WEEK 5



FLARE-UP PLANNING

Prepare for flare-ups and develop strategies to manage them.

WEEK 6



MEDICAL MANAGEMENT AND PAIN

Understand pain medications and work effectively with your care team.

WEEK 7



PACING, PRIORITIZING AND PLANNING

Balance activity and rest to conserve energy and stay on track.

WEEK 8



IMPROVING SLEEP WHILE LIVING WITH PAIN

Learn practical strategies for better sleep and daytime functioning.

PRACTICAL SKILLS INCLUDE



- ✓ Pain education
- ✓ Activity pacing
- ✓ Problem solving
- ✓ Communication tools
- ✓ Goal setting
- ✓ Coping strategies

PROGRAM VALUES



VETERAN-CENTERED
Focus on empowerment, resilience, and improved quality of life.



NO TRAUMA RECOUNTING
No pressure to share.



SKILLS-BASED, PRACTICAL
Focus on actionable techniques.



Knowledge. Skills. Support.
You are not alone in your pain journey.



Contact veteranservices@121wellness.ca for more information about our services and programs.