

## PAIN BC / PAIN CANADA RESOURCES AT A GLANCE

RESOURCES/SERVICES FOR HEALTH CARE PROVIDERS
<p><b><u>BC ECHO for Chronic Pain</u></b> – Free online community of practice with monthly virtual learning sessions for health care providers led by an interdisciplinary team of pain specialists.</p>
<p><b><u>BC Adaptive Mentorship Network for Pain, Mental Health &amp; Substance Use (BCAMN)</u></b> – Free mentoring from expert clinicians in pain, MH &amp; SU for community-based primary care providers and allied health care professionals, in safe and supportive small group sessions, 1:1 mentoring and group educational sessions.</p>
<p><b><u>Pain Education for Divisions of Family Practice</u></b> – Pain education sessions tailored to meet the needs of members of Divisions.</p>
<p><b><u>Pain Foundations</u></b> – Free self-paced online course for health care providers to improve their assessment and treatment of people living with pain, with Basic and Advanced Certificates available.</p>
<p><b><u>Chronic Pain Insights</u></b> – Free, self-paced online course for health care providers to build skills and knowledge about pain in the perioperative context.</p>
<p><b><u>Moving Through Pain</u></b> – Free self-paced online course for health care providers who want to support people living with pain to engage in gentle movement and relaxation.</p>
<p><b><u>Brochures for patients</u></b> – Pain BC brochures about living with pain for patients and families; specific brochures about Pain Support Line, Coaching for Health, Pain Support &amp; Wellness Groups, and LivePlanBe+.</p>

## RESOURCES/SERVICES FOR PEOPLE LIVING WITH PAIN

**Pain Support Line** – Free information, support, resource-connection and a listening ear to help empower people living with pain and their loved ones to find support and advocate for themselves.

**Coaching for Health** – Free 1-1 coaching sessions for 12 weeks. Helps people with goal setting and support for self-management strategies. Referrals from health care providers or through Pain Support Line.

**Making Sense of Pain** – Accessible 10-week pain self-management sessions for people who experience marginalization, offered online province-wide from Pain BC staff, and in multiple communities throughout BC in-person and online; it has been culturally tailored for French, Arabic, Punjabi, Cantonese, Mandarin & Spanish speakers, and for LGBTQ2S adults, gender diverse youth, and youth.

**Pain Support & Wellness Groups** – Peer support groups delivered online. The groups consist of learning about pain management topics, sharing coping straggles and building a community of support. Delivered both regionally and for BIPOC, LGBTQ+ and young adult populations. Cantonese and Punjabi groups launching in September 2024.

**LivePlanBe+** – Free online interactive pain education for patients, with algorithm to guide the user through topics.

**Gentle Movement @ Home** – Free, on-demand guided movement and relaxation videos for pain led by health care providers on YouTube.

**Managing Pain Before and After Surgery** – Free, self-paced online program to help people undergoing surgery and their families better manage pain after surgery and decrease complications.

**Empowered Relief®** – Free, two-hour online program that teaches essential pain-management skills.