



ONLINE MANAGING PAIN SUPPORT GROUP

Join our group where individuals experiencing chronic pain come together to share their experiences, coping strategies, and emotional support. In a safe and understanding environment, you have the opportunity to connect with others who truly get the challenges of living with persistent pain.

We'll discuss managing symptoms, navigating healthcare systems, and improving your quality of life. The group is run by people who understand through their own experience.

The group runs fortnightly on Tuesdays 11am-1pm

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

Get support and advice

Regular attendance welcome

For ages 16+

FREE to
attend

