

1 in 5 people living in Canada suffer from Chronic Pain

Chronic Pain is pain lasting or re-occurring for 3 months or longer. Pain affects people's lives in many ways. Learning about pain, factors that can cause or make pain worse, and strategies to mitigate those factors helps patient manage pain in everyday life.

Alberta Virtual Chronic Pain Program

The Virtual Chronic Pain Program is a free, group-based self-management program for people living in Alberta and experiencing chronic pain. This new, innovative program is led by trained clinical facilitators from Alberta Health Services.

Our first offering is a 6 week (1 hour per week) Zoom-based chronic pain education and self-management treatment program, with 6 hours of peer support incorporated throughout as well as periodic peer support follow-up for up to 1 year post-completion. Each weekly session includes time dedicated to 1-2 topic areas, as well as group discussion, learning activities, and homework.

Attendance at all sessions is encouraged, but not required (with exception of session 1). Noon hour, late afternoon, early evening, and weekend program offerings will be available.

Topics include:

- My Pain Journey (loss, sorrow & life transitions)
- What Matters to Me? (values & goal-setting)
- Why do I Hurt? (pain neuroscience)
- Moving My Way
- Nurturing Your Nervous System (stress & mood)
- Medications: One Piece of the Pie
- Pain Speak: Empowering Your Voice in Chronic Pain
- Slipping into Better Sleep
- Mission Nutrition

This program is free and available to people residing in Alberta, 18+ years old, suffering non-cancer pain lasting 3 months or longer. No formal diagnosis is required.
No formal referral from a healthcare provider is required.

If you are a patient who is interested in joining an upcoming Virtual Chronic Pain Program self-management group session, please call 1-877-719-7707 to register.

Clinician Referral is available through Connect Care and the Alberta Referral Directory.

What services are offered?

- Education and coaching on self-management strategies in a group setting. Sessions provide practical self-management tools, delivered in an interactive and engaging way.
- Opportunities to ask questions and discuss self-management strategies with clinicians trained in chronic pain management.
- Opportunities to form connections with other participants.
- Connections to other Alberta Health Services & Community Services and resources as required.
- Group-based peer support available throughout the program, as well as follow-up after completion.

The program does not offer interventional services (ex. injections) or medication adjustments.

At present, Alberta Health Services offers the Virtual Chronic Pain program only in English and only online via Zoom. In the future, we hope to have more diverse options available.